

Sudbury Court Running Club

Sylvester Road, **Wembley**, Middlesex HA0 3AB

Presents

"Festival of Running"

including

"Sudbury Court 10K"

&

"And 5K - race"

&

1K Junior Fun Run (10-30am Start -£1 entry on the day)

Under BAF Rules - Permit Number Awaits

Sunday 16th May 2010 at 11am (For 5K^(1 Lap) & 10K^(2 Laps))

Prizes to 1st 2nd 3rd Male and Female 10K

Prize to 1st Male and Female 5K

1st Vet, Male and Female

10K

Medal to all 10K & 5K finishers.

Closing date for entries: 7th May 2010

Changing and shower facilities - Ltd Parking - Nearest Station, North Wembley - Nearest Underground, Sudbury Town (Piccadilly Line).

Refreshments and bar facilities will be available in the club lounge after the race

Further Information: We are supporting 2 charities through this race which have previously been supported on a Personal basis by members of our club in support of the loss of close relatives through illness. These are: [Roy Castle Lung Cancer Foundation - www.roycastle.org](http://www.roycastle.org) & [Pancreatic Cancer UK - www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk) A percentage of the entrance fee will be donated to these foundations.

Numbers will be posted 7-14 days before race day

Cut Here

BLOCK CAPITALS or Entries on line at www.runnersworld.co.uk

Surname..... Forename.....

Address.....

Town.....County.....Post Code

Phone Number.....E-Mail.....

Sex M/F.....Age on day of race.....Affiliated Club.....

England Athletics Registration Number (If Known)

Fees 10K Affiliated £8 Non Affiliated £10 On Day £12

5K Affiliated £5 Non Affiliated £7 On Day £10

Entries on the Day Subject to 250 Limit

In the unlikely event that race is cancelled no money will be refunded. Any surplus will be donated to our nominated charity.

I wish to enter the Sudbury Court 10k/5K and declare that I am over 17 years of age and that I am fit to run in the event and agree that the organisers will in no way be held responsible for any injury or illness or accident to my person or loss of property as a result of my participation in this event.

Signed..... Date.....

Entry Number
Official Use

Send cheque made payable to "Sudbury Court Running Club", plus 9"x6" SAE to:
Sudbury Court Running Club, c/o 12 St David's Close, Wembley, Middlesex HA9 9BT

Web-site: www.sudburycourt.org.uk/10K