



Affiliated to: SEAA, HCAA

St Albans Striders
St Albans 10K
10:00am Sunday 9th May 2010
www.stalbansstriders.com
UKA Licence No. TBC



INCORPORATES HERTFORDSHIRE SENIOR 10K COUNTY CHAMPIONSHIPS
Sponsored by Up and Running (Watford)

Course Records: Male 33.09 (Ryan McKinlay) Female 37.00 (Laura Cowley)

The race is held on an undulating, rural, certified-accurate 10 kilometre course around the country lanes to the South-West of St. Albans. Parking and refreshments will be available at the Race Headquarters: Prae Wood Primary School, King Harry Lane, St Albans, Herts, AL3 4HZ. Race limit: 500. Race Start: King Harry Lane, St Albans (directly in front of Race HQ).



- Souvenir to all finishers
• Prizes to 1st 3 Senior Men and Women
• £50 cash 1st prizes.
• Vet prize categories
• Prizes for first place club teams - 4 per team (men) 3 per team (women)

Table with 4 columns: Surname, Address (for all correspondence), Post Code, Tel (Day), First Name, Date of birth (dd/mm/yy), Tel (Home), Male or Female, Age on race day (Must be 16 or over)

Expected finish time: (time limit is 90 minutes, after which marshals will leave the course)
Club Name (England Athletics Affiliated)
EA Registration Number (If England Athletics Affiliated)
Would you like more information about St. Albans Striders? Y / N
Tick here to enter the Herts 10K Senior County Champs [] (Eligible by birth or 9 months residency)

Cheques made payable to St. Albans Striders. Enclose large (at least 9" X 6") stamped addressed envelope for number and race information. Please ensure the correct postage stamp value is used on entry and SAE.

Send to: St Albans 10K
7 Allandale
St Albans
Herts AL3 4NG
Fees: EA Affiliated: £ 8.00
Unaffiliated: £ 10.00
On the day £ 12.00
Entries on the day @ Race HQ 8.30 a.m. to 9.30 a.m.
Closing date: Saturday May 1st 2010 (Subject to race limit of 500 - check website)

Results on our website: www.stalbansstriders.com

No monies will be refunded for any reason. If cancelled any surplus will go to local charities. Please enter me for the 2010 St Albans 10K. I agree to abide by UKA rules. I hereby waive any claims for damages, injury or loss against the organisers and assert that I am in good physical condition. (Please detail any relevant medical conditions overleaf.)

Signed Date

Cat No.
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