



Northampton Road Runners supported by



BILLINGHAM AND CO ACCOUNTANTS



Are delighted to stage the 4th annual

Moulton 10K Road Race

Incorporating County 10K champs and Northants Road Running League

Sunday 30th August 2009, 11.00 am

Moulton Sports Centre, Pound Lane, Moulton, Northampton NN3 7SD
Changing/showering Facilities, Toilets, Parking and Refreshments available

An officially measured 10km road race, taking in scenic countryside views.

Prizes awarded to 1st 3 Men /Women & winners of V40, V50, V60, LV35, LV45, LV55 & Juniors.

Prize money for breaking course record of Male- 32:09, Female- 37:40. Vest to all finishers.

Official Entry Form, Closing Date for Postal Entries 23rd August.

Entry Fees £8.00 Attached, £10.00 Unattached

Entries on the day £10.00 Attached, £12.00 Unattached

***** **Entries Limited to 300** *****

Name		DOB:
	M /F	Age on Race Day
UKA Club		
UKA memb. no.		
Address		
Postcode		Phone No.
E-mail		
Signature		Date :

A signed entry will be considered as acceptance to UK Athletics & AAA event rules and a declaration that runners enter and run entirely at their own risk. The organisers will not be held responsible for any illness or injury, accident, loss or damage incurred that may arise before, during or after the race. I consent that my details will be held by Northampton Road Runners in accordance with the 1998 Data Protection Register.

Send your entry including a cheque made payable to Northampton Road Runners together with a Large Stamped Self-addressed envelope to:

Mark Garrett 70 Sherwood Avenue, Kingsthorpe, Northampton. NN2 8TD

E-mail: garrett.daveandandy@btinternet.com Phone: 01604 843222

Website: www.northamptonroadrunners.co.uk

**Northamptonshire Athletic Association
10K COUNTY ROAD CHAMPIONSHIPS
Please include me in the above Championship
(Please add £3.00 to your entry fee)**

Please Tick Box County Qualification By

Birth Residence (9 months continual in the county)