

<b>27<sup>th</sup></b> <b>EAST MIDLANDS</b> <b>GRAND PRIX</b> <b>2010</b>			The Running Shop 11 St Leonard's Rd Far Cotton Northampton NN4 9DL Tel: 01604 701961 <a href="http://www.runningshopuk.co.uk">www.runningshopuk.co.uk</a>
--	---	--	---

The Grand Prix is based upon the **five** best performances in the following separate summer evening road races held in the East Midlands. **Note that chip timing will again be used at Silverstone in 2010.**

<b>Tuesday</b> <b>4 May</b> <b>7:30 pm</b> Closing date: 27 April	<b>THE SILVERSTONE GRAND PRIX</b> <b>10K</b> Silson Joggers PO Box 5752, Silverstone, Towcester, NN12 8ZF. Cheques to: Silson Joggers AC	<b>Wednesday</b> <b>12 May</b> <b>7:45 pm</b> Closing date: 5 May	<b>THE RUGBY 6</b> The Race Secretary PO Box 66, Rugby, Warwickshire CV22 5PR. Cheques to: Rugby & Northampton AC.
<b>Tuesday</b> <b>18 May</b> <b>7:45 pm</b> Closing date: 11 May	<b>THE BEDFORD 6</b> The Race Organiser 6 Merton Road Bedford MK40 3AF Cheques to: Bedford & County AC	<b>Wednesday</b> <b>26 May</b> <b>7:45 pm</b> Closing date: 19 May	<b>THE CORBY 5</b> Mr. R Garrity 109 Beanfield Avenue, Corby, Northants, NN18 0AX. Cheques to: Corby AC
<b>Tuesday</b> <b>1 June</b> <b>7:45 pm</b> Closing date: 25 May	<b>THE WEEDON 10K</b> Mrs J Keech 14 Ashmore, Long Buckby, Northants, NN6 7RT. Cheques to: Human Energy AC	<b>Tuesday</b> <b>8 June</b> <b>7:45 pm</b> Closing date: 1 June	<b>THE BANBURY 5</b> The Race Secretary 6 County View, Clifton, Banbury, Oxfordshire OX15 0PZ Cheques to: Banbury Harriers AC
<b>Tuesday</b> <b>15 June</b> <b>7:45 pm</b> Closing date: 8 June	<b>THE HARBOROUGH 5</b> Glenroy, North Road, South Kilworth, Lutterworth, Leics, LE17 6DU. Cheques to: Harborough AC.	<b>Tuesday</b> <b>29 June</b> <b>7:45 pm</b> Closing date: 22 June	<b>THE MILTON KEYNES 10K</b> Dr Mick Bromilow OU Maths Department, Walton Hall, Milton Keynes, Bucks, MK7 6AA. Cheques to: M.M.K.A.C.
<b>Please note: Awards for Junior Men and Women will be based on 4 best performances of the Series</b>			
<b>Entry fees: <u>All races except Silverstone:</u> Attached £5 in advance / £7 on race night; Unattached £7 / £9</b> <b><u>Silverstone (Chip timing):</u> Attached £7 in advance / £9 on race night; Unattached £9 / £11</b> <b>Series entry: attached £35; unattached £50; Closing date 27 April 2010 (Entries/cheque to Silson Joggers AC)</b>			
<b>Internet for latest information: <a href="http://www.emgp.org.uk">http://www.emgp.org.uk</a></b>			

### Please use the same race number throughout the series

(There will be a £2.00 charge for replacement numbers)

3-----

### THE EAST MIDLANDS GRAND PRIX SERIES 2010

NAME OF RACE YOU WISH TO ENTER					
SURNAME		FORENAME		SEX	
AFFILIATED CLUB				ENGLAND ATHLETICS No:	
AGE ON RACE DAY					
ADDRESS				POSTCODE	
E MAIL ADDRESS				PHONE NO:	
FEE ENCLOSED (Add £2.00 for replacement number)				GRAND PRIX NUMBER (if you have one)	
I hereby declare that I am an amateur according to UKA rules. I am medically fit to run & understand that I enter at my own risk and that the organisers will not in any way be held responsible for any injury incurred during or as result of the event or for any property lost on the course or in the changing rooms. <input type="checkbox"/> I do not want organising clubs to pass my details on to the event sponsors & race organisers.					
SIGNED		DATED		PLEASE SEND SAE FOR RACE NUMBER AND RACE DETAILS	

**PLEASE RETURN ENTRIES TO THE RESPECTIVE CLUB NOT TO THE RUNNING SHOP**