



<b>29<sup>th</sup> EAST MIDLANDS GRAND PRIX 2012</b>						The Running Shop 11 St Leonard's Rd Far Cotton Northampton NN4 9DL Tel: 01604 701961 <a href="http://www.therunningshop.org.uk">www.therunningshop.org.uk</a>	
<b>Wednesday 9 May 7:30 pm</b> Closing date: 2 May	<b>THE SILVERSTONE GRAND PRIX 10K</b> John Fowler 10a High Street, Silverstone, Towcester, NN12 8US Cheques to: Silson Joggers AC			<b>Wednesday 16 May 7:45 pm</b> Closing date: 9 May	<b>THE RUGBY 6</b> The Race Secretary PO Box 66, Rugby, Warks, CV22 5PR. Cheques to: Rugby & Northampton AC.		
<b>Tuesday 22 May 7:45 pm</b> Closing date: 15 May	<b>THE BEDFORD 6</b> The Race Organiser 5 Southview, Great Barford Bedford MK44 3BJ Cheques to: Bedford & County AC			<b>Wednesday 30 May 7:45 pm</b> Closing date: 23 May	<b>THE CORBY 5</b> Mr R Garrity 109 Beanfield Avenue, Corby, Northants, NN18 0AX. Cheques to: Corby AC		
<b>Tuesday 12 June 7:45 pm</b> Closing date: 5 June	<b>THE BANBURY 5</b> The Race Secretary 6 County View, Clifton, Banbury Oxon OX15 0PZ Cheques to: Banbury Harriers AC			<b>Tuesday 19 June 7:45 pm</b> Closing date: 12 June	<b>THE HARBOROUGH 5</b> Jackie King, 34 Evison Road Rothwell, Northants NN14 6AL Cheques to: Harborough AC.		
<b>Tuesday 26 June 7:45 pm</b> Closing date: 19 June	<b>THE WEEDON 10K</b> Mrs J Keech 14 Ashmore, Long Buckby, Northants, NN6 7RT. Cheques to: Human Energy AC			<b>Tuesday 3 July 7:45 pm</b> Closing date: 26 June	<b>THE MILTON KEYNES 10K</b> Dr Mick Bromilow OU Maths & Stats Department, Walton Hall, Milton Keynes, Bucks, MK7 6AA. Cheques to: M.M.K.A.C.		
<b>ALL RACES ARE RUN UNDER UK ATHLETICS RULES – SEE REVERSE FOR INFORMATION</b>							
Entry fees: <u>All races except Silverstone</u> : Attached £6 in advance / £8 on race night; Unattached £8 / £10 <u>Silverstone (Chip timing)</u> : Attached £8 in advance / £10 on race night; Unattached £10 / £12 Series entry: attached £40; unattached £55; Closing date 2 May 2012 (Entries/cheque to Silson Joggers AC)							
Internet for latest information: <a href="http://www.emgp.org.uk">www.emgp.org.uk</a>							

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

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

**THE EAST MIDLANDS GRAND PRIX SERIES 2012**

NAME OF RACE YOU WISH TO ENTER							
SURNAME		FORENAME		SEX			
AFFILIATED CLUB			AGE ON RACE DAY				
ENGLAND ATHLETICS No:							
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 (Parent / Guardian if under 18)		DATED		PLEASE SEND SAE FOR RACE NUMBER AND RACE DETAILS			

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

## EMGP SERIES 2012 RULES

All races are run under UK Athletics Rules

THE WEARING OF PERSONAL STEREO'S IS NOT PERMITTED IN ANY RACE. YOU RUN THE RISK OF DISQUALIFICATION

ALL RUNNERS TO COMPLETE THE DETAILS ON THE REVERSE OF THE NUMBER FOR YOUR OWN PROTECTION

NUMBERS TO BE WORN ON THE FRONT OF THE VEST

FOLLOW THE INSTRUCTIONS OF THE MARSHALS AT ALL TIMES

ENTRANT SAFETY – whilst all clubs encourage runners of all abilities, entrants should be capable of running at 12 minutes per mile or quicker. If unable to do so their safety will be their own responsibility

WHEELCHAIRS / HANDCYCLES – Silverstone 10k is the only race that is suitable for Wheelchair / Handcycle athletes

PRIZES – The Grand Prix is based upon the five (four for Juniors) best performances in the EMGP Series 2012. Subject to the number of entrants prizes will be awarded in the following categories: F20, FS, F35, F40, F45, F50, F55, F60, M20, MS, M40, M45, M50, M55, M60 & M65. The age is taken as at the date of the first race in the Series (Silverstone 10k). Individual races may offer different prizes for different categories.

