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License No. 2012-103271

# The SANDY 10

SEAA: 10/138

## Sunday 25<sup>th</sup> March 2012 Start 10.30am

The 29<sup>th</sup> running of this prestigious 10 MILE Road Race  
Incorporating the Beds AAA 10 Mile County Championship  
Promoted by Biggleswade A.C.

Part of the *Advance Performance* A1 Race Series 2012

Folksworth 15 (22 Jan); Sandy 10 (25 March); Fen Drayton 10k (5 May); Eye 10K (13 May); Chilford 10k (17 June);  
March Spud Run (1 July); Bushey 10k (8 July); Thorney 5 (12 Aug); NVH Barney Memorial 5k (15 Aug); Abbey 10k (23 Sept)

Supported by *BROOKS*, *JORDANS*, *Advance Performance*, *SiS*, *Balancise* & *Primary Networks*

Race Proceeds to St John's Hospice Sue Ryder Care Moggerhanger

**Race Headquarters: Sandy Sports Centre, Engayne Avenue, Sandy, Beds**

Prizes/ Trophies 1<sup>st</sup> 3 Men, 1<sup>st</sup> 3 Ladies, 1<sup>st</sup>/2<sup>nd</sup> MV40, 1<sup>st</sup>/2<sup>nd</sup> MV50, 1<sup>st</sup>/2<sup>nd</sup> MV60, 1<sup>st</sup> MV70, 1<sup>st</sup>/2<sup>nd</sup> LV35, 1<sup>st</sup>/2<sup>nd</sup> LV45, 1<sup>st</sup>/2<sup>nd</sup> LV55,  
1<sup>st</sup> LV65, 1<sup>st</sup> Men's Team (4 team), 1<sup>st</sup> Ladies' Team (3 team). 1<sup>st</sup> Local Man, 1<sup>st</sup> Local Lady (SG19 postcode).  
Erlensee Cup (most runners in 10 mile Road Race and 3k Fun Run from the same affiliated club)  
Runners are entitled to ONE individual prize ONLY  
Quality tee shirt to all finishers.

Level 1 Medical Cover provided by St John Ambulance

Parking on-site, male and female changing & showers, baggage store, refreshments, pre- and post-race massage

PLEASE NOTE THAT FOR YOUR AND OTHERS SAFETY THE WEARING OF HEADPHONES IS NOT PERMITTED

### 3 Km FUN RUN Start 10.45am (Use Fun Run entry form)

3Km Fun Runners must be 9 years and over

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Age on day of race \_\_\_\_\_

\_\_\_\_\_

M / F \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Post Code \_\_\_\_\_

Tel No. \_\_\_\_\_

Affiliated Club \_\_\_\_\_

Affiliated to England Athletics (EA) or the Association of Running Clubs (ARC) - otherwise state "Unattached"

**Entry Fee 10 Mile Race Attached £10.00 Unattached £12.00**

### NO ENTRIES ON THE DAY

*10 Mile Runners must be 17 years and over*

2 hour 10 min time limit

Please accept my entry for the Sandy 10 Mile Road Race. I am over 17 and medically fit to compete. I accept that I enter at my own risk and that the organisation will in no way be held responsible for any injury, accident, loss or damage that may arise before, during of after the event as a consequence of my participation in the race. I agree that my details as per my entry form being held on the organising club's and Brooks' computer database. I will abide by the EA/UKA rules of competition. No refunds will be given.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Entries to: Sandy 10 Race Secretary, 3 OLD BEDFORD ROAD, POTTON, BEDS. SG19 2QL**

Cheques made payable to "SANDY TEN". Please enclose a 9x4 S.A.E.

**CLOSING DATE for Postal Entries - 19th MARCH 2012 or when race limit reached [NO ENTRIES ON THE DAY]**

Enquiries to Nigel Bush. Tel: 01767 682251. Mob: 07770 823148 Email [nigelbush@hotmail.com](mailto:nigelbush@hotmail.com)