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Permit No. ARC 11/038

The SANDY 10

SEAA: 10/138

Sunday 3rd April 2011 Start 10.30am

The 28th running of this prestigious 10 MILE Road Race

Promoted by Biggleswade A.C.

Part of the Advance Performance A1 Race Series 2011

Folksworth 15 (23 Jan); Thorney 10k (27 March); Sandy 10 (3 April); Eye 10K (10 May); Abbey 10k (12 June);
March Spud Run (3 July); Bushey 10k (10 July); Thorney 5 (14 August); Nene Valley 10 (4 December)

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

Race Proceeds to St John's Hospice Moggerhanger and Keech Cottage Children's Hospice

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

Prizes/ Trophies 1st 3 Men, 1st 3 Ladies, 1st/2nd MV40, 1st/2nd MV50, 1st/2nd MV60, 1st MV70, 1st/2nd LV35, 1st/2nd LV45, 1st/2nd LV55,
1st LV65, 1st Men's Team (4 team), 1st Ladies' Team (3 team). 1st Local Man, 1st 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, massage

For your and others safety we ask you NOT to wear headsets during the race. You may be disqualified if you wear headphones and ignore marshal instructions

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. _____

ARC/EA Club _____

Affiliated to the Association of Running Clubs (ARC) or England Athletics (EA) - 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 will abide by the ARC 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 - 28th MARCH 2011 or when race limit reached [NO ENTRIES ON THE DAY]

Enquiries to Nigel Bush. Tel: 01767 682251. Mob: 07770 823148 Email nigelbush@hotmail.com