



www.biggleswadeac.org.uk

UKA License No. TBA

The SANDY 10

SEAA: 10/138

Sunday 7th April 2019 Start 10.30am

The 36th running of this prestigious 10 MILE Road Race

Promoted by Biggleswade A.C.

Race Charity: Sue Ryder. St John's Hospice Moggerhanger

Race Headquarters: Sandy Sports Centre, Engayne Avenue, Sandy, Beds. SG19 1BL

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, Best age-graded performance (Roger Wadeley trophy); 1st Men's Team (4 team), 1st Ladies' Team (3 team). 1st Local Man & Lady (SG18 & SG19 postcodes).

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.

Parking on-site, male and female changing & toilets, baggage store, refreshments.

PLEASE NOTE THAT FOR YOUR AND OTHER'S 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 _____

Your Tel No. _____

Affiliated Club _____

Emergency Tel No: _____

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

Tee Shirt size: Small Medium Large XL

Entry Fee 10 Mile Race Attached £14.00 Unattached £16.00

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 or 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 computer database. I will abide by the UKA rules of competition. No refunds will be given.

Signature _____

Date _____

Entries to: Sandy 10 Race Secretary, 23 Warden Hill, Everton, Sandy, Beds. SG19 2JT

Cheques made payable to "SANDY TEN". Please enclose a S.A.E. if you require acknowledgement of your entry & instructions.

You can check the List of Runners and view race instructions on our website - www.sandy10.org.uk

YOUR RACE NUMBER IS NOT POSTED TO YOU. PLEASE COLLECT YOUR RACE NUMBER & CHIP ON THE DAY.

CLOSING DATE for Postal Entries - 30th MARCH 2019 or earlier if race limit of 600 is reached. NO ENTRIES ON THE DAY.

Enquiries to enquiries@sandy10.org.uk