

THE 2009 OCEAN SPRAY GRIMSTHORPE CASTLE 10K



Awash with Goodness



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Bourne Town
Harriers

&

3K FUN RUN



Bourne Town
Harriers

10K Race starts at 11.00am – 3K Fun Run starts at 10.30am

£100 cash prize for a new course record
(men's 32m35sec, ladies 35m54sec)

Jazz Band, Classic Cars, Vintage Aircraft, Fairground Rides,
Country Crafts and Stalls, and much more for all the family.

Under UKA Rules Computerised Results Race Commentary UK Athletics License

Bank Holiday Monday 31st August 2009

Extensive prize list for 10K.
Team awards - 4 men, 3 women to count.
Memento to all 10K finishers. Medal for all fun run finishers

Enter online - www.runnersworld.co.uk or www.ukresults.net

Grimsthorpe Castle Estate, Bourne, Lincolnshire

On the A151, Bourne to Colsterworth road, situated between Edenham and Corby Glen. Only 10 minutes from the A1.

RACE ENTRY FORM

PLEASE COMPLETE IN BLOCK CAPITALS

Why not visit the RunBritain website at www.realbuzzrunbritain.com the UKA's own website.

10K RACE

3K FUN RUN

Please tick box

(10K entrants must be at least 16 years old)

Surname Forename

Address

Postcode

Date of Birth Age on race day M/F

Phone No. Affiliated Club

This is a multi-terrain event and is not suitable for wheelchair competitors.

I agree to abide by the rules of the event and that the official's decision will be final.

I confirm that I have no medical disabilities that would endanger myself or others taking part.

I understand that I enter at my own risk, and that I will not hold the organisers responsible for any illness or injury sustained during or as a result of the race.

Signed Date
(parent or guardian if under 16)

Entry fee: 10K - £7 affiliated, £9 non affiliated, Fun Run £3

Cheques payable to Bourne T.H.

Please send entry form, cheque and 9"x6" SAE to Mr P Honniball, Woodbine Cottage, Fen Road, Dunsby, Bourne, Lincs PE10 OUE. Postal entries close 18th August 2009. Entries accepted on the day plus £3 at the late entries tent situated before the main entrance.

Pre-entered competitors plus one guest gain free entry to the St Johns 'Fun Day' by showing race number.

To qualify for the team event, runners must wear recognised club colours.

No child under 7 years old may run in the fun run unless accompanied by either an adult or a person nominated by the parent to be responsible for the child. This person must be a paid entrant to the fun run.

For Official Use

Race No.

The St. John Ambulance is again the beneficiary of the race. Last year with our sponsors and your help, Bourne Town Harriers donated £1600 to help them continue their excellent work in providing medical cover at many amateur events.

Bourne Town Harriers would like to thank Ocean Spray and Bakkavor Bourne Salads for their sponsorship, SMITHS of Bourne for sponsoring the prizes. Also the following for their help, either by financial donations or by providing facilities or services to the race:- Warners (Midlands) plc, and members and friends of Bourne Town Harriers.

