



JOHN FRASER 10

THE PREMIER 10 MILE ROAD RACE IN THE EAST MIDLANDS



Race 6 - **Leicestershire Road Running Summer League**
Sponsored by **Leicester Running Shop**
Incorporating the **Leicestershire 10 Mile Road Championships**
Sunday 5th September 2010 - 10.30AM



Start & Finish at **Countesthorpe Community College**, Winchester Road, Countesthorpe, LE8 5PR (near Leicester)

Free Car Parking, Toilets, Showers & Changing Facilities, Refreshments. Race Permit applied for. Course accuracy certificate.

Memento to all finishers. Last year's entry was 565.

Entry fee: £7.00 (affiliated) £9.00 (non affiliated) - Entries on the day £2.00 extra.

Course Records: **Male: Mark Powell 51.53** 2008 and **Female: Gemma Steel 58.03** 2009

Extensive Prize List: Cash Prizes & Derby Runner Vouchers for individuals

Individuals: One individual prize per person only

First 6 men (regardless of age)

First 3 women (regardless of age)

First veteran man 0/40, 0/50 & 0/60

First veteran woman 0/40 & 0/50

Teams:

First 3 senior men's teams (4 to count)

First 0/40 men's team (4 to count)

First 3 women's teams - any age (3 to count)

Wigston Phoenix welcome new runners to our Club whatever your running ability. Why not join our Club and become an attached runner! To find out more details visit our website: www.wigstonphoenix.co.uk or phone Mike Stiff on 0116 246 1443

All runners must be 17 or over on Race Day. Don't forget to send your entry fee & SAE with this form.

Surname:		Forename:	
Address:		Email:	
Postcode:		Tel:	
D.O.B. / /	Age on race day:	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Do you belong to an affiliated Running Club? Yes <input type="checkbox"/> No <input type="checkbox"/>		I declare that I am an amateur as defined by UKA and agree to abide by their laws. I am medically fit and understand that I enter at my own risk and will not hold the Race Organisers or their sponsors responsible for any injury or illness caused to me as a result of taking part in the race.	
If yes, name of Running Club:		Signed:	
		Date: / /	

Entry Fee: Affiliated £7, Unattached £9. Cheques payable to: **WIGSTON PHOENIX RC**. Return Entry to: **M. Stiff, 40 Cranesbill Road, Hamilton, Leicester LE5 1TA** Tel: 0116 246 1443. With a maximum 240mm x 165mm SAE (no bigger please - excess mail charge).

Closing date for postal entries **2nd September 2010**. Entries on the day: + **£2**

www.wigstonphoenix.co.uk