



THE RANELAGH HARRIERS

RICHMOND 10K

Sunday 20th June 2010

START TIME - 9:00am.

**A fast, flat two lap course with an extensive prize list.
Incorporating the Surrey County 10K Championship.**

The course is a flat two lap route that includes minor roads in Ham, and the Thames towpath between Teddington Lock and Lower Ham Road. The portion of the towpath in the 2010 race is far superior in condition to that used in previous years and so will guarantee a quicker race. We have introduced chip timing so precise times will be recorded.

The Race HQ, which will provide changing, showers and toilets, will be the Kew Association Football Club on Riverside Drive, Ham, Richmond, TW10 7QA. The start is 100m away from the race HQ on the grassy area at the corner of Riverside Drive and Ham Street. The finish will be at the same place. Although all abilities are welcome, due to the width and nature of the towpath surface the race is unsuitable for wheelchairs, pushchairs or accompanying dogs or cycles. Refreshments and the prize giving will be at the race HQ after the race. (Directions to the race HQ are available at http://kewafc.co.uk/directions_kewafc.html)

Please park in local roads or travel by public transport. Train to Richmond (BR and tube) or to Kingston (BR only) then by bus route 65 or 371 which are closest to the race's course.

Full details, downloadable entry form and online entries with **no surcharge** are available from www.ranelagh-harriers.com or www.sportssystem.com/ss/ranelagh10k/index.htm

General enquiries email: 10k-enquiries@ranelagh-harriers.com

Entry enquiries email: enquiries@sportssystem.net

Entry Fees:

£10.00 with England Athletics Competition Licence

£12.00 without England Athletics Competition Licence.

There will be no entries on the day.

Cheques payable to: Ranelagh Harriers

Entry fee includes all return mailing.

There is no need to send a stamped addressed envelope.

Race numbers will be sent out approximately 2 weeks before the race. Numbers for entries received after Monday 6th June must be collected on the day of the race at the race HQ.

Held under UK Athletics rules. RRC Certified. SEAA Permit applied for.

Send entries to:

Ranelagh Harriers Richmond 10K

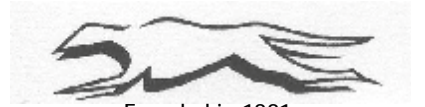
c/o Sport Systems,

Regency House

61 Walton Street

WALTON ON THE HILL KT20 7RZ

Ranelagh Harriers



Founded in 1881

Supported by

Happy to be part of
The Petersham Festival
www.petershamfestival.org

The Dysart Dash is a
Surrey Road League event.
www.surreyathletics.org.uk

Entries Timing and Results by



Entry form. Please print legibly. - someone else has to read it!

First Name: _____ Surname: _____

Address: _____ Date of Birth: ____ / ____ / ____

Male / Female: _____

Town: _____ (Home: _____

County: _____ (Mobile: _____

Postcode: _____ Please include full postcode

Email: _____

Club: _____ Please use full club name England Athletics Competition Licence No: _____

Surrey County Championship: Tick this box if you wish to enter. You may qualify by either birth or by at least 9 months continuous residence in the county.

Office use only

Data Protection: Your details will be stored on computer for purposes of race administration/results production only and will not be passed to any third parties. Your name, age and finishing time will be published on the internet but no other personal or contact details.

Please enter me for The Ranelagh Harriers Richmond 10K. A signed entry form will be considered as an acceptance of the governing body rules and a declaration that you are an amateur, are aged over 17, will compete on foot and run entirely at your own risk. No dogs or following cycles. Unfortunately this race is not suitable for wheelchair athletes.

I enclose a cheque for £ _____ made payable to Ranelagh Harriers.

Signed: _____

Date: _____