

SALTBURN SANDBLASTER 10 KM(approx)ROAD RUN

Sunday 16 August 2009

UKA Permit 20090788

This popular event is held annually as part of Redcar Race Walking Club's Victorian Programme on the same afternoon. It is held over the same fast exactly measured 10km course as the open walk. We have to tell you that it is approximate because the organiser is only qualified to measure walk courses.

Start time 1-15 pm from the Marine Hotel in Saltburn

Registration and distribution of numbers from 11 am

Substantial prize lists, for individuals and team challenges involving four runners per team – male or female - commemorative items for all – Prize for the best dressed Victorian finisher –£25 prize for anyone beating the male female course records.

Details of race walking events on the same day are available from the organiser.

Entry limit is 100 – Postal entries close on 8th August or when limit is reached – We don't operate an SAE system so if you don't hear from us you are in – More expensive 'on the day' entries only accepted up to our 100 limit

Entry Form For Saltburn Sandblaster 10 KM Road Run

First Name _____ Age _____

Surname _____ Tel _____

Address _____

Affiliated Club _____

Entries £5 per person (affiliated), £2 extra for non-affiliated, Cheques to Redcar Race Walking Club

Dave Jones, 11 Lavender Court, Marske by the Sea, Redcar, Cleveland, TS11 7BZ

I am an amateur as defined by the rules of UK Athletics. I agree that the race organisers will not be held responsible for any injury or illness however caused.

Signed _____ Date _____