

THE WIMBLEDON DASH FIVE KM



Under UKA rules
Licence No: TBC

INCORPORATING THE SURREY COUNTY 5KM CHAMPIONSHIPS AND THE FINAL RACE IN THE 2010 SURREY ROAD LEAGUE SERIES

Hosted by Hercules Wimbledon Athletics Club • Sunday 8th August 2010 • Start Time : 9.30am
Wimbledon Park Arena, SW19 7HX • www.runnersdigest.co.uk

- ★ MEASURED COURSE
- ★ ONLINE ENTRIES
- ★ SURREY ROAD LEAGUE
- ★ CHANGING FACILITIES
- ★ REFRESHMENTS
- ★ COVERED GRANDSTAND
- ★ TRACK START & FINISH
- ★ SECURE BAGGAGE

Hercules Wimbledon AC are pleased to welcome you to the final Surrey Road League Series Race of 2010. A hilly one lap course awaits you, passing the famous All England Lawn Tennis stadium. All standards of runners welcome.

Prizes: 1st - £75, 2nd - £50, 3rd - £25 Vouchers.
Surrey County medals - 1st 3 Seniors & M40, M50, M60, W35, W45, W55. For Surrey qualification rules - see below/ website for details - www.runnersdigest.co.uk. In both the Open Team race and Surrey County Team race the result will be calculated using finish positions of the first three eligible runners from each club. Team entry is not necessary.

Entry Fees:
£ 5.00 Licensed UK athletics club (includes £2.00 discount)
£ 7.00 Non-affiliated to an athletics club
£ 10.00 On the day all entires (pending limit of 500 not reached) See website
Cheques made payable to **Hercules Wimbledon AC**.



more info & online entry: www.runnersdigest.co.uk

Closing date for postal entries - 31 July 2010. Minimum age: 16 years of age on day of race

FIRST NAME _____ SURNAME _____ DATE OF BIRTH ____/____/____

ADDRESS _____ MALE FEMALE

_____ UKA CLUB (IF APPLICABLE) _____

_____ POSTCODE _____ LICENCE No _____

HOME No _____ SURREY QUALIFIED Yes No

MOBILE No _____

EMAIL _____

* To be eligible to take part in the Surrey County 5 km Championship you must have been born in Surrey or have lived in Surrey for the last nine months. In either case you must not have represented another county or competed in another county's championships during the current calendar year. If you have previously competed in a Surrey County championship then you retain eligibility, even if you now live outside the County, as long as you have not since represented another county or competed in another county's championships. For a full description of county eligibility, see UKA Rule 9 COUNTY QUALIFICATION (ENGLAND AND WALES) or go to http://www.surreyathletics.org.uk/qualification/qualification.htm

Data Protection: Your details will be stored on computer for purposes of race administration/results production and supporting sponsors only. Your name, age and finishing time may be published on the internet but no other personal or contact details.

Please enter me for The Wimbledon Dash 5 KM Road Race. A signed entry form will be considered as an acceptance of the governing rules of UK Athletics and a declaration that you are an amateur, are aged over 16, 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 **Hercules Wimbledon AC**
Signed: _____ Date: _____ Under 18? Parent/guardian signature _____

PLEASE RETURN TO: Richard Xerri, 181 Crowborough Road, Tooting, London SW17 9QD.
PLEASE ENCLOSE AN A5 SIZE SAE FOR RACE NUMBER AND RACE DETAILS
Contact details: richardxerri@mac.com 07737 335296