

# South West Road Runners

# FIRST CHANCE 10K

Sunday 20 January 2013 at 10:30am

UK Athletics Race Licence 2013-104890

Certificate of Course Accuracy 09/002 (measured 25/10/2008)

Held under UK Athletics rules

[www.firstchance10k.co.uk](http://www.firstchance10k.co.uk)

FAST, FLAT COURSE

CHIP TIMING

QUALITY RACE MEMENTO

RACE HQ – HAVEN BANKS OUTDOOR CENTRE

BAG STORAGE

CHANGING ROOMS  
(limited showers)

FINISH CLOCK

With thanks to our sponsors:



**IRONBRIDGE  
RUNNER**

15 Bartholomew Street Exeter  
[www.ironbridgerunner.co.uk](http://www.ironbridgerunner.co.uk)  
01392 436 383



[www.regencywines.co.uk](http://www.regencywines.co.uk)



**Spot prizes**

**Extensive category prizes**

Only one prize per competitor. In accordance with UKA rules all prizes will be awarded on gun time.

**£100 cheque if you set a new course record**

Men's Record : Kevin Heywood 30:44 (2010)

Ladies' Record : Lucy Hassel 34:32 (2007)

## About South West Road Runners

We are a friendly club based in Exeter, meeting at Exeter Arena on Wednesdays (6:30pm). We cater for all standards of runners, ladies and men, from beginners to competitive county-level athletes. If you are thinking of joining a club, come along and try us out.

For more information about SWRR and our other races visit our website: [swrr.co.uk](http://swrr.co.uk)

Please complete clearly

**IN BLOCK CAPITALS**

First Name:	Last Name:	Male/Female:	
Club (if any):	Telephone:	Date of Birth (DD/MM/YY):	Age on Race Day

Address:

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Email:

We may use your email address to send you important information prior to the race.

If you would also like us to email you to notify you of future editions of this race please tick this box:

**Do you hold a current UK Athletics Competition Licence?**

(If in doubt please consult your club membership secretary)

<b>Yes</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<b>Entry fee £12</b>
UK Athletics Competition Licence Number		
<b>No</b>	<b>Entry fee £14</b>	

## CLOSING DATE FOR ENTRIES: 31 DECEMBER 2012

I declare that I am an amateur as defined by UKA rules, that I am medically fit to run and that I enter at my own risk. The organisers shall not be held responsible or liable for any injury, loss or damages as a consequence of my participation in the First Chance 10K. I understand that acceptance of my entry is subject to the approval of the race organisers and that after acceptance the entry fee is not refundable. I will be 15 years of age or older on 20 January 2013.

I also give consent for my name, club, age category and race times to be published on the South West Road Runners internet site, the First Chance 10k internet site, the internet site run by the timing chip company and passed to the media. I am aware that full entry details may be passed to England Athletics, UK Athletics and to any club of which I claim membership on this entry form.

Due to narrow parts of the course and some rough paths, the race is unsuitable for wheelchair athletes.

No following cycles, push chairs, roller blades or wheeled vehicles please.

Signature (or signature of parent/guardian if entrant is under 18):	Date:

Please send your cheque (payable to South West Road Runners), entry form and large (preferably A4) SAE (with "LARGE" stamp) to:

**FIRST CHANCE 10K, The Olde Saddlers, Sandford, EX17 4NQ**

Joining instructions will be posted out with race numbers before the race day.

**NO ENTRIES ON THE DAY**

[www.firstchance10k.co.uk](http://www.firstchance10k.co.uk)