



'We Serve'

# Goring, Woodcote & District Lions Club 10k Run 2010

e-mail: 10K@lions-gwd.org.uk web: www.lions-gwd.org.uk

Registered  
Charitable Trust  
No: 1131754

**Principal Beneficiary  
Bishopwood Special School**

**Sunday 10<sup>th</sup> January 2010 – 10.30am start - Village Green Woodcote**

Burn off those excess Christmas pounds & start the New Year in shape. Enter our twenty sixth annual road run. By entering you not only help yourself but also Lions charities who will receive all the profits from this run, along with any sponsorship raised. As with previous years the course is on undulating by-roads, kilometre marked, and marshalled. The SEAA Course Measurement team officially measures the course. There will be free hot drinks provided for the runners & there will be a water station on route and end. Limited changing, shower (male only) & toilet facilities will be available. The St John Ambulance will provide first aid cover. Car parking is on a first come basis. Under UK athletic rules. UKA race permit number is 2009-100114. Course measurement certification 02/081 applies.

|   |                                   |               |
|---|-----------------------------------|---------------|
| All finishers will receive a medal. Trophies will be awarded to:  |                                   |               |
| Cup for 1 <sup>st</sup> over the line (returnable)                | 1 <sup>st</sup> Senior Vet (50+)  | male & female |
| 1 <sup>st</sup> - 2 <sup>nd</sup> - 3 <sup>rd</sup> male & female | 1 <sup>st</sup> Vintage Vet (60+) | male & female |
| 1 <sup>st</sup> Vet (40+)   | 1 <sup>st</sup> Juniors under 16  | male & female |

The course record remains at 30:31

**In accordance with SEAA age restrictions the minimum age for entry is 15 years.**

Please complete the form below and return it as soon as possible. Entries received after 1<sup>st</sup> January will be registered, but Running Numbers will NOT be sent back. Collection can be made on Race Day. Late registration will be possible only if space allows and BEFORE 10:00am on the day. A late entry fee of £15 will apply. Sponsorship forms are available on request. Please tick the box below if required.

**Return Entries to:** 10k Run Entry, The Cottage, Beech Lane, Woodcote, RG8 0PY  
Please include with your entry form the Entry Fee of **£12.00** (£10 for affiliated club runners)  
**A Stamped**, self-addressed 9"x4" envelope & the completed form. No SAE means you will have to collect on the day.

If you wish to receive the race results by post, please tick the box below AND add £1.00 to your entry fee.  
Cheques should be made payable to:- **GORING, WOODCOTE & DISTRICT LIONS CHARITY ACCT.**



## Goring, Woodcote & District Lions Club – 10k Run Entry Form – 10th January 2010

|   |   |   |
|---|---|---|
| <p>Forename <input style="width:100%;" type="text"/></p> <p>Surname <input style="width:100%;" type="text"/></p> <p>Address <input style="width:100%; height:20px;" type="text"/><br/><input style="width:100%; height:20px;" type="text"/></p> <p>Town <input style="width:100%;" type="text"/> Post Code <input style="width:100%;" type="text"/></p> <p>County <input style="width:100%;" type="text"/></p> <p>Age on 10/1/2010 <input style="width:100%;" type="text"/></p> <p>Running club - if applicable <input style="width:100%; height:20px;" type="text"/></p> <p>Contact Tel <input style="width:100%;" type="text"/> E-mail contact <input style="width:100%;" type="text"/></p> | <p>Post Code <input style="width:100%;" type="text"/></p> <p>Tick for Results Add £1 <input type="checkbox"/></p> <p>Delete as applicable<br/>Male - Female <input type="checkbox"/> <input type="checkbox"/></p> <p>Tick for a Sponsorship form <input type="checkbox"/></p> | <p>I declare that to the best of my knowledge, I am fit to take part in this event, I agree that the organisers, their agents and sponsors are not responsible or liable for any injury (incl. fatality), loss, accident or damage to either my person or property as a result of my participation in this event. I accept that correct attire, shoes and planned training are important for this run. If, due to bad weather or police advice, the event is cancelled, no refunds can be given.</p> <p>Signed _____ date _____</p> <p><i>(Signature of Parent or Guardian, if under 18 years old)</i></p> <p><input type="checkbox"/> Tick this box if you do NOT wish your details to be stored on our computer, for info on future runs.</p> |
|   |   | <p>Add results charge £1 to Entrv Fee &gt;&gt; <input type="checkbox"/> £ <input style="width:50px;" type="text"/></p>  |
|   |   | <p><b>Official Use Only</b></p> <p>Loa # <input style="width:100%;" type="text"/></p> <p>Classification <input style="width:100%; height:20px;" type="text"/> Running Number <input style="width:100%; height:20px;" type="text"/></p>  |