



ASKERN DISTRICT RUNNING CLUB

presents the

Sentry Doors Limited



License No. TBA

Course Measurement Certificate No. **08/024**

ASKERN 10K

Wednesday 17th May 2017 at 7.00pm

(Under UKA Rules)

From ASKERN MINERS WELFARE, MANOR RD. ASKERN, DONCASTER DN6 0AJ

CASH PRIZE LIST + T-SHIRTS to all finishers

£100 Bonus for Male/Female Course records

(Course records – Male - C. Parkes 29:36 1996, Female - J. Clarke 34:33 1988)

Also 1st Female and Male Teams prizes

Veteran prizes M40+ & F35+ in 5 year age categories according to entries

(Individuals will not be allowed to take more than one prize , except for team prize)

Entrants must be 15 years or older on the 17th May 2017

600 race limit : Chip Timing

Entries will close on 7th May or earlier if limit reached

PLEASE NOTE STRICTLY NO ENTRIES ON THE DAY

so enter early to avoid possible disappointment

Enter Online @ ASKERNDRC.ORG

ASKERN 10K £10.00 Affiliated UKA Clubs

£12.00 Unattached Runners (Includes £2.00 UKA levy)

POSTAL ENTRIES TO: The ASKERN 10K, Colby, West End Road, Norton, Doncaster, DN6 9EF

Including Cheque or PO payable to Askern DRC and SAE for confirmation.

Race numbers & Timing Chips to be collected on the day

**Askern Miners Welfare
Club**

Refreshments on sale during and after the race



First Aid cover provided by the St. John Ambulance Brigade

Please complete this section in CLEAR BLOCK CAPITALS.

SURNAME: _____ FORENAMES: _____
 ADDRESS: _____ TELEPHONE NO.: _____

 POSTCODE: _____ UKA Club name: _____
 _____ UKA membership no.: _____

Age on race day: _____ Date of Birth: _____ Sex (M/F): _____ Entry fee sent: _____

I certify that I am medically fit enough to run the said event, furthermore I agree that the ORGANISERS will in no way be held responsible for any LOSS, DAMAGE or INJURIES to myself or my belongings - BEFORE, DURING or AFTER the said event.

SIGNED: _____ DATE: _____