



Angels Annual 10K Road Race

(formerly known as Beacon 10K)

Organised by the Angels Running Club, Gloucester

Date: Sunday September 5th 2010 10.30 a.m.

Venue: The Village Hall, Haresfield, Gloucester GL10 3DX

Gloucestershire AAA County Road Race Series

Course records: Neville Adams 30:39 (1995), Sarah Lee 34:47 (1993).

Course record bonus of £25 for both male and female

UK Athletics Licence Number 2010-0231

RRC MEASURED: MIDLANDS 09/333

The race is open to Male and Female runners of all abilities, minimum age 15 years. Race HQ, start and finish will be at the Village Hall, Haresfield, near Gloucester (OS Landranger 162: grid reference 813099). Please do **not** park your car in the road leading up to the Hotel as it forms part of the course. Follow signs and directions of marshals to park in lane which runs parallel to the start of race.

- One lap undulating rural course
- Well signed and marshalled
- Team competition
(Club vest must be worn)
- Communication on course
- First Aid cover
- Very limited changing
- * Refreshments at finish
- * Vets prizes
(in 5 year categories)
- * Spot prizes

PLEASE PRINT

First name (in full).....

Surname

Address

Affiliated BAF Club

Male / Female Age on race day.....

Tel:

Email

Best recent 10K time

AFFILIATED CLUBS: £7.00 — UNAFFILIATED: £9.00

Cheques should be made payable to:

ANGELS ROAD RACE ACCOUNT

non-refundable

£2 surcharge on the day

DECLARATION: I am medically fit to run and understand that I enter at my own risk. The organisers will in no way be held responsible for any injury or illness incurred to my person as a result of the event or for any property lost on the course, in the changing rooms or in the vicinity of the course

Signature.....Date

Send to: **Race Secretary, 16 Grafton Road, Gloucester, GL2 0QW,**
Please enclose SAE for race details

Enquiries: 01452 521466 or email angels10k@hotmail.com

www.angelsrunningclub.co.uk