

LONG EATON



RUNNING CLUB



**The 18th Annual**

**LONG EATON 5 MILE RACE  
and  
2 MILES FUN RUN**

£100 for 1st male and female  
T-shirt to all 5 miles finishers  
Free glass of Pedigree  
Free finish line digital photograph

**SUNDAY 10th JUNE 2012**  
**10.00 am start from**  
**West Park Leisure Centre**  
Wilsthorpe Road, Long Eaton, Derbyshire

**50 mile relay and ultra on Sat June 16th**

Race permit applied for  
[www.longeatonrunningclub.com](http://www.longeatonrunningclub.com)

## EVENT DETAILS

Entry fee	£7.00 BAF affiliated £9.00 unattached
Race Start	10.00 am prompt
Route Start/Finish	West Park Leisure Centre
Car Park	FREE
Excellent facilities	Changing, showers, lockers
Minimum age	16 years on 10 June 2012
Entry closing date	Tuesday 5 June 2012
Entries on day	Subject to availability and £1.00 surcharge. Limit 400
2 mile Fun Run	At 9.20 am, entries on the day only Fee £2.00
Team entries	Men (4) Ladies (3)
Entries online	<a href="http://www.runnersworld.co.uk">www.runnersworld.co.uk</a> at 75p extra



## COURSE DETAILS

A flat, fast one lap course on road and parkland. Water available at 3 miles.

Second year of new course (more park, less road.)

## PRIZES

**T-shirt for all 5 mile finishers. Medals for Fun Run.**

<b>Individual</b>	Senior Men & Ladies: £100, £50, £30
	Male V40, 45, 50, 55, 60, 70, 75, 80
	Female V35, 40, 45, 50, 55, 65, 70, 75

### **Jim Stevenson Trophies**

V65 Male, V60 Female

**Team Shields** Teams: Senior + Vet; Male + Female (runners may only win one team prize)

**Fun Run** 1st Male, 1st Female under 16.

## LONG EATON 5 MILE ENTRY FORM

Surname..... First Name .....

Address.....

.....

.....

.....

Postcode.....

Phone Number .....

Date of Birth ..... Age on 10/06/12 .....

E-mail .....

Male/Female (please delete)

UKA Registered Club .....

I agree to abide by UKA rules and I understand that the organisers will not be held responsible for any injury, loss or illness resulting from this event.

Signed .....Date.....

PLEASE INCLUDE THE FOLLOWING:

Completed entry form (photocopies acceptable)

Entry fee (cheques or P.O) **Payable to Long Eaton Running Club**

S.A.E. for race details and number (A5 size recommended)

T-shirt size: Small Medium Large XLarge (please circle)



**Return your form to:**

**Chris Robson, 7 The Home Croft, Bramcote,  
Nottingham NG9 3DQ Telephone: 0115 9255898  
chris.robson@snc.ac.uk**

