

DEDHAM RUN 2010 - SUNDAY 26TH SEPTEMBER 11.00AM

Dedham Playing Fields, Dedham

10 kilometres (measured) & 3 kilometres Fun Run

Organised Under UKA Rules



sponsored by

OAKS HOSPITAL



sponsored by

St Joseph's College

**** £50 CASH PRIZE FOR SETTING A NEW 10K COURSE RECORD ON THE DAY****

Fastest male Adrian Musset (Colchester Harriers) – 29m 53s (2003). Fastest female Ruth Eddy (Colchester & Tendring) – 36m 48s (2000)

10 K RUN (15+ only)

Postal Entry Fees: £10 per person (club mbrs £8)
On the day: £12 per person (club mbrs £10)

FREE GIFT FOR FIRST 100 10K FINISHERS

TROPHIES AWARDED TO:

1st 2nd 3rd Male - open
1st Male Veteran (40+)
1st Male Super Veteran (55+)
1st Male Dedham Resident

1st 2nd 3rd Female - open
1st Female Veteran (35+)
1st Female Super Veteran (50+)
1st Female Dedham Resident

FUN RUN 3 K

Postal Entry fees: 12+ years: £5 per person. U12 yrs: £2 per person
On the day: 12+ yrs: £7 per person. U12 yrs: £4 per person

MEDAL FOR ALL FINISHERS

TROPHIES AWARDED TO:

1st Male aged 15 or 16
1st Boy aged 13 or 14
1st Boy aged 11 or 12
1st Boy aged 9 or 10
1st Boy aged 7 or 8
1st Boy aged 6 or under
1st Male 17+
1st Male 50+
1st Dedham School Boy

1st Female aged 15 or 16
1st Girl aged 13 or 14
1st Girl aged 11 or 12
1st Girl aged 9 or 10
1st Girl aged 7 or 8
1st Girl aged 6 or under
1st Female 17+
1st Female 50+
1st Dedham School Girl

Trophies for 1st Dedham School Girl and 1st Dedham School Boy will be presented in Dedham School Assembly

All entries are individual but if you would also like to be included as a team member in one of the categories below please provide a Team name where indicated.

TEAM 10 K RUN(15+ only)

TROPHIES AWARDED TO:

1st Male Team of 4 (running club)
1st Male Team of 4 (non running club)
1st Female Team of 4 (running club)
1st Female Team of 4 (non running club)

TEAM FUN RUN 3 K

TROPHIES AWARDED TO:

1st Family Team
(2 adults + 2 children U12 yrs. Put surname in Team name below)

N.B. ONLY ONE ENTRY PER FORM PLEASE. ALL RUNNERS UNDER 12 MUST BE ACCOMPANIED BY AN ADULT

PLEASE CIRCLE WHICH RUN YOU ARE ENTERING:

10K RUN

FUN RUN

Name: Age on Day of Race

Address

Tel No Gender: Male / Female (circle applicable)

Tick box if you are a Dedham resident Tick box if you attend Dedham Primary School

Running Club (if applicable) Team name (if applicable)

Disclaimer: I declare that I am medically fit to run and understand that I do so at my own risk and that the organisers will not be liable for any loss, damage, action, claim cost or expenses which may arise as a result of my taking part in this event

Signed Parent's/Guardian's signature if under 18

Please complete this form, enclose cheque payable to **"Dedham Run"** and send to **Dedham Run c/o 13 New Street, Sudbury, Suffolk CO10 1JB**. Last date for receipt of postal entries 21st September 2010. Please collect your running number on the day between 9am and 10.15am at the Dedham Playing Fields. Registration on the day will close at 10.30am. (If you are unable to print this form then you can obtain a copy via email by ringing 01206 322263 or emailing lloyd.davies01@googlemail.com)