



GREAT WESTERN RUNNERS

PRESENT THE

2010 GWR TOWPATH SERIES

FOUR 10K RACES AND A FINAL 5K
HELD UNDER ARC RULES (PERMIT APPLIED FOR)

GREVILLE SMYTH PARK, ASHTON ROAD, ASHTON, BRISTOL.
(OPPOSITE BRISTOL CITY FOOTBALL GROUND) – O.S. Ref: ST 571 717

SPONSORED BY:



- SPOT PRIZES AFTER EACH RACE (MUST BE COLLECTED ON THE NIGHT)

RACE DATES

RACE 1 – 10K:	FRIDAY MAY 7	@ 7.30 PM
RACE 2 – 10K:	FRIDAY JUNE 4	@ 7.30 PM
RACE 3 – 10K:	FRIDAY JULY 9	@ 7.30 PM
RACE 4 – 10K:	FRIDAY JULY 30	@ 7.30 PM
RACE 5 – 5K:	FRIDAY AUGUST 27	@ 7.30 PM

INDIVIDUAL PRIZES FOR OVERALL SERIES

(SERIES CATEGORY BASED ON AGE AS AT DATE OF RACE ONE)

MALE: FIRST 3; MASTERS FIRST 40, 45, 50, 55, 60, 65, 70

FEMALE: FIRST 3; MASTERS FIRST 40, 45, 50, 55, 60, 65, 70

(FOUR OUT OF FIVE RACES TO COUNT. RESULTS CALCULATED ON FINISH POSITION)

**ADVANCE ENTRY RECOMMENDED: ENTRIES HAVE CLOSED EARLY FOR
THE PAST 4 YEARS. ENTRY LIMIT: 300**

**DUE TO THE OFF-ROAD NATURE OF THE COURSE, IT IS CONSIDERED
UNSUITABLE FOR WHEELCHAIRS, SORRY.**

ENTRY FEES (POSTAL)

ALL 5 RACES IN SERIES: £26 AFFILIATED TO ARC OR UKA / £28 UNAFFILIATED
OR, PER RACE: £6 AFFILIATED TO ARC OR UKA / £8 UNAFFILIATED

ENTER ON-LINE AT: WWW.GREATWESTERNRUNNERS.ORG.UK

(on-line processing fees apply)

**RACE HQ, TOILETS, CHANGING (NO SHOWERS), PRIZE GIVING, PLUS
SPOT PRIZES ARE AT "Bar BS3" , 21 ASHTON ROAD, BRISTOL BS3 2EA**



2010 POSTAL ENTRY FORM



SEND TO: GWR TOWPATH SERIES,
42 CHURCH LEAZE, SHIREHAMPTON, BRISTOL BS11 9SZ

SAE NOT REQUIRED. BLOCK CAPITALS (SO WE CAN READ IT!) PLEASE

SURNAME:

FIRST NAME:

AGE: (Minimum 15)

DOB:

MALE/FEMALE

CLUB:

**AFFILIATED TO ARC
OR UKA? YES / NO**

UKA COMPETITION LICENCE NUMBER:

ADDRESS:

POST CODE:

CONTACT TEL.:

e-Mail:

EVENT(S) ENTERED:

		Tick			Tick
WHOLE SERIES	Affiliated: £26 Unaffiliated: £28				
7 MAY – 10K RACE 1	Affiliated: £6 Unaffiliated: £8		30 JULY – 10K RACE 4	Affiliated: £6 Unaffiliated: £8	
4 JUNE – 10K RACE 2	Affiliated: £6 Unaffiliated: £8		27 AUGUST – 5K RACE 5	Affiliated: £6 Unaffiliated: £8	
9 JULY – 10K RACE 3	Affiliated: £6 Unaffiliated: £8				

**ENTRY FEES ON THE NIGHT (IF AVAILABLE) +£5 SERIES: +£1 SINGLE EVENT.
CHECK WEB SITE FOR THE LATEST POSITION ON ENTRY AVAILABILITY.
CHEQUES PAYABLE TO: GREAT WESTERN RUNNERS**

ADVANCE ENTRY RECOMMENDED. ENTRY LIMIT: 300

I UNDERSTAND THAT: ENTRIES ARE NON-REFUNDABLE (EVEN IF THE EVENT IS CANCELLED) AND NON-TRANSFERABLE; THE ORGANISERS WILL NOT BE HELD RESPONSIBLE FOR ANY INJURY, ILLNESS OR LOSS OF PROPERTY RESULTING FROM MY PARTICIPATION IN THIS EVENT; I WILL NOT PARTICIPATE UNLESS I AM FIT TO RUN. I HEREBY DECLARE THAT: **1) I WILL COMPLY WITH THE ARC RULES FOR COMPETITION** (http://www.runningclubs.org.uk/ARC_rules.pdf) AND PARTICULARLY:

2) I WILL NOT SWAP MY NUMBER WITH, OR GIVE IT TO, ANOTHER COMPETITOR.

DATA PROTECTION: I UNDERSTAND THAT THE ABOVE DETAILS WILL NOT BE SENT TO THIRD PARTIES OR USED FOR ANY MARKETING PURPOSES, AND I HAVE NO OBJECTION FOR THEIR STORING ON COMPUTER FOR RACE ADMINISTRATION AND RESULT PRODUCTION ONLY.

SIGNATURE:

DATE:

THANK YOU FOR ENTERING
ENTER ON-LINE AT: WWW.GREATWESTERNRUNNERS.ORG.UK