

17th Annual Beacon 10K Road Race

Organised by the Angels Running Club, Gloucester

Date: Sunday September 7th 2008 10.30 a.m.

Venue: The Beacon Hotel, 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

RRC MEASURED: MC/07/134

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 Beacon Hotel, 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.

Accurately RRC measured

One lap undulating rural course

Well signed and marshalled

Team competition (Club vest must be worn)

Vets prizes

Communication on course

First Aid cover

Drinks at finish/licensed bar
Limited changing

(Sunday Roast Lunch - book direct with Beacon Hotel [01452] 728884)

Free beer to all finishers

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 — £1 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 47 ST. Marys Street, Gloucester. GL1
2QS**

Please enclose SAE for race details

Enquiries: 01452 537316 or email

beacon10kmglooucester@hotmail.com

www.angelsrunningclub.co.uk

