



POCKLINGTON RUNNERS

PRESENT

THE SNAKE LANE 10

ON

SUNDAY 28th FEBRUARY 2010

STARTING AT 11 am.



Under UKA rules – Permit No : – 20091060 Photocopies are accepted – results can be found on www.ukresults.net

A flat rural course with a commemorative memento to all finishers – Changing and Bar facilities after the race at Pocklington Rugby Club
Prize vouchers from SWEA TSHOP.

**Extensive Prize List Including – MALE, FEMALE AND VETERANS IN FIVE YEAR AGE BANDS.
MALE VETS 40 TO 65. FEMALE VETS 35 TO 60. 1st THREE TEAMS WITH THREE RUNNERS TO COUNT**

ADDITIONAL PRIZES: -
1ST MALE SUB 47 MINUTES = £500 – 1ST FEMALE SUB 55 MINUTES = £500
COURSE RECORDS = £100

CURRENT COURSE RECORDS: -

Male - 2009 Ricky Stephenson - 48-47

Female - 2006 Debbie Mason - 55-56

**THERE WILL BE A LIMIT OF 850 WITH NO LATE ENTRIES AND
NO ENTRIES ON THE DAY.**

IN 2009 OUR ENTRY LIMIT WAS REACHED IN ONLY 31 DAYS, SO ENTER EARLY TO AVOID DISAPPOINTMENT.

✂

First names.....Surname.....

Address.....

Name of Club.....Phone No.....

Sex (M or F).....Date of birth.....Age on race day.....

Age limit for this race is **18** years of age on race day

Please Tick category Male Open M40 M45 M50 M55 M60 M65
To be entered Female Open F35 F40 F45 F50 F55 F60

E.A Membership No **Entries close on 14th February 2010**

E.A Affil: £7 Unatt: £10 Cheques/PO made payable to "Pocklington Snake Lane"

Applications to: **Race Secretary, 8 Wheatlands Close, Pocklington, York, YO422UT**

DON'T FORGET TO INCLUDE YOUR 9" X 7" STAMPED ADDRESSED ENVELOPE.

Declaration: -I wish to enter the POCKLINGTON SNAKE LANE 10 MILE ROAD RACE and declare that I am an amateur as defined by UKA laws and certify that I am medically fit to run. Furthermore, I agree that the organizers will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event and that all information supplied may be used by the organizers at their discretion.

SIGNED.....**DATE**..... Ukresults.net