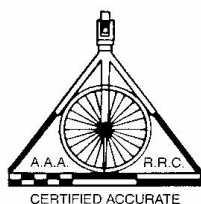


**Rugby and Northampton Athletic Club**



# **THE RUGBY TEN mile**

(under UK Athletics rules, for the Rugby Advertiser Trophy)

**ON Sunday 17<sup>th</sup> September 2017 at 10:30 am.**

**Final race in the Warwickshire Road Race League 2017**

**Incorporating the MMAC Ten Mile Championships**

**Race HQ - Barby Cricket Club, Nr Rugby,  
Warwickshire CV23 8TR**

The race will take place over the new course but using much of the 'traditional Rugby 10' course through Barby, Kilsby & Hillmorton, including the climb up 'Cart Hill' and uses public roads.

Start/Finish is half-mile from race HQ

**Prizes for SM, M35, M45, M55, M65, SW, W35, W45, W55 and teams.**

**ENTRY FEE:**

**Postal Entries - £9:00**

**On Line Entries - £10-00**

**MMAC Champs - £12-00 (Members Only)**

**Non Affiliated Athletes - £2:00 extra**      **Entries on the day £2:00 extra**

**Cheques payable to RUGBY & NORTHAMPTON AC. Entries close : 11<sup>th</sup> September.**

**Entries to: Race Organiser, 91 Lower Hillmorton Road, Rugby, CV21 3TN**

**Please include S.A.E. FOR DETAILS**

**Registration & Collect Numbers from 09:00**

For additional information: **Ring 01788 543156 (evenings)** OR [www.randnac.org](http://www.randnac.org)

**Midland Masters AC Championships (Members Only) – Closing Date 11<sup>th</sup> September 2017**

Usual Individual Awards dependant on entry – details at [www.midlandmasters.com](http://www.midlandmasters.com)

**NB Athletes should be able to complete the course in less than 1hour 45mins**

<b>SURNAME</b>		<b>First Name</b>		<b>SEX</b>	
<b>CLUB</b>					
<b>ADDRESS</b>					
<b>Town</b>		<b>Postcode</b>			
<b>E-mail</b>		<b>EA Number</b>			
		<b>MMAC Number</b>			
<b>FEE ENCLOSED</b>		<b>DATE OF BIRTH</b>			
I hereby declare that I am an amateur according to UK Athletics rules. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be held responsible for any injury incurred during or as a result of the event or for any property lost on the course or in the changing rooms.		<b>SIGNED</b>			