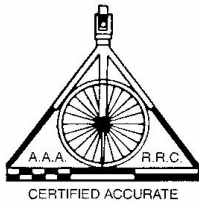


Rugby and Northampton Athletic Club

THE RUGBY TEN mile

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

ON Sunday 6th October at 10:30 am.



**Final race in the Warwickshire Road Race League 2019
Incorporating the Northamptonshire Athletic Association Championships & Road
Race League**

**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, W65 and teams.

ENTRY FEE:

Postal Entries - £10:00

On Line Entries - £11:00

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

Cheques payable to RUGBY & NORTHAMPTON AC. Entries close : 1st October.

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

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

SURNAME		First Name		SEX	
CLUB					
ADDRESS					
Town		Postcode			
E-mail		EA Number			
NAA Championships	Yes / No	Birth / Residence	WRRL Yes / No	NRRL Yes / No	
FEE ENCLOSED		DATE OF BIRTH			
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.			SIGNED		