



# THE 23<sup>rd</sup> KEYNSHAM 10K ROAD RACE

Under U.K.A. Rules (licence applied for)

## & CHILDREN'S FUN RUN

At CADBURY'S SPORTS GROUND

SOMERDALE, KEYNSHAM

SUNDAY 16<sup>th</sup> MAY, 2010

ORGANISED BY 1<sup>st</sup> KEYNSHAM SCOUT GROUP

FUN RUN 10.00 a.m. ROAD RACE 11.00 a.m.

**NO DOGS ON SITE PLEASE**

CHILDREN'S FUN RUN ENTRIES (£3) – ENTRIES CLOSE AT 9.45 a.m.

1, 2 or 3 MILES (AGE RELATED), COURSE AROUND SPORTS FIELD

**10K ROAD RACE:** Entries are welcome from runners of all standards in

the classes below, but the course is not suitable for wheelchairs:

AFFILIATED - SENIORS & VETS £8; JUNIORS £5.50

NON-AFFILIATED - SENIORS & VETS £10; JUNIORS £7.50

£2 SURCHARGE FOR ENTRIES ON THE DAY

POSTING OF RACE NUMBERS WILL COMMENCE 1 MONTH BEFORE

RACE DAY. ENTRIES RECEIVED LESS THAN 3 DAYS BEFORE RACE

DAY WILL BE HELD FOR COLLECTION ON THE DAY.

**FACILITIES:** MALE & FEMALE CHANGING ROOMS and TOILETS;

SHOWERS (FEMALE LIMITED)

CAR PARKING ON SITE

REFRESHMENTS ON SALE, TWO DRINK STATIONS ON COURSE

[www.1stkeynshamscouts.org.uk/roadrace](http://www.1stkeynshamscouts.org.uk/roadrace)

### Previous winners:

#### Male:

1999 – Martin Hula (Bristol AC) 31:12 (course record)

2007 - Philip Parry (Bristol & West AC) 32:16

2008 - Philip Parry (Bristol & West AC) 32:59

2009 – Martin Cox (Salford) 33:31

#### Female:

2002 – Amy Stiles (Westbury Harriers) 35:44 (course record)

2007 - Claire Willer (Bristol & West AC) 37:10

2008 - Claire Hallisey (Bristol & West AC) 36:20

2009 - Nicky Russell (BAD-TRI) 41:38



HELPING YOUNG PEOPLE FIGHT CANCER

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SUNDAY 16<sup>th</sup> MAY 2010 AT 11.00 a.m.

## OFFICIAL ENTRY FORM

ENTRY FEE: £8 AFFILIATED SENIORS & VETS, £5.50 JUNIORS  
£10 NON-AFFILIATED SENIORS & VETS, £7.50 JUNIORS  
£2 SURCHARGE FOR ENTRIES ON THE DAY

SURNAME..... FORENAMES .....

ADDRESS.....

POSTCODE..... TEL NO.....

E-MAIL ADDRESS .....

AFFILIATED/NON-AFFILIATED RUNNER (Delete as necessary)

AFFILIATED CLUB.....

DATE OF BIRTH.....AGE ON RACE DAY.....

CLASS(ES) ENTERED (See rule 3).....

NAME OF TEAM (if appropriate).....

An amateur as defined by B.A.F., I will abide by competition rules and accept that the organisers, having taken all reasonable precautions, are not responsible for any injury, illness, accident or loss of property resulting from my participation in this event.

I enclose a cheque/P.O. for the appropriate amount payable to Keynsham Scouts Road Race.

Signed.....Date.....

**Detach this half & return with your entry fee to the Entry Secretary**

Charles Sanders,

179, Park Road,

Keynsham,

Bristol BS31 1AS

Tel No 0117 9865104.

Entries by post close on Thursday 13<sup>th</sup> May or when the limit of 800 is reached. Numbers will be despatched a month before the race.

Race day entries only at Cadbury's Sports Ground.



## MAP OF THE COURSE



Sponsorship money raised by runners will be divided equally between Teenage Cancer Trust (Registered. Charity No. 1062559) and 1<sup>st</sup> Keynsham Scout Group (Registered Charity No. 305626). *The organisers wish to thank Fry Club and Conference Centre for use of their grounds and Bristol Water for the loan of a bowser*

### AWARDS

- Trophies** To winners of classes AF AM OC  
**Cups** 1<sup>st</sup> Keynsham Male and Female; also class BT  
**Medals** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in all individual classes  
**Prizes** 1<sup>st</sup> prize - £100 Men and £100 Ladies  
 1st five Males – 1st five Females

### Plus Spot Prizes

**Medals for finishing** on sale £2.50 available until supplies are exhausted. Results posted £1 and on website:

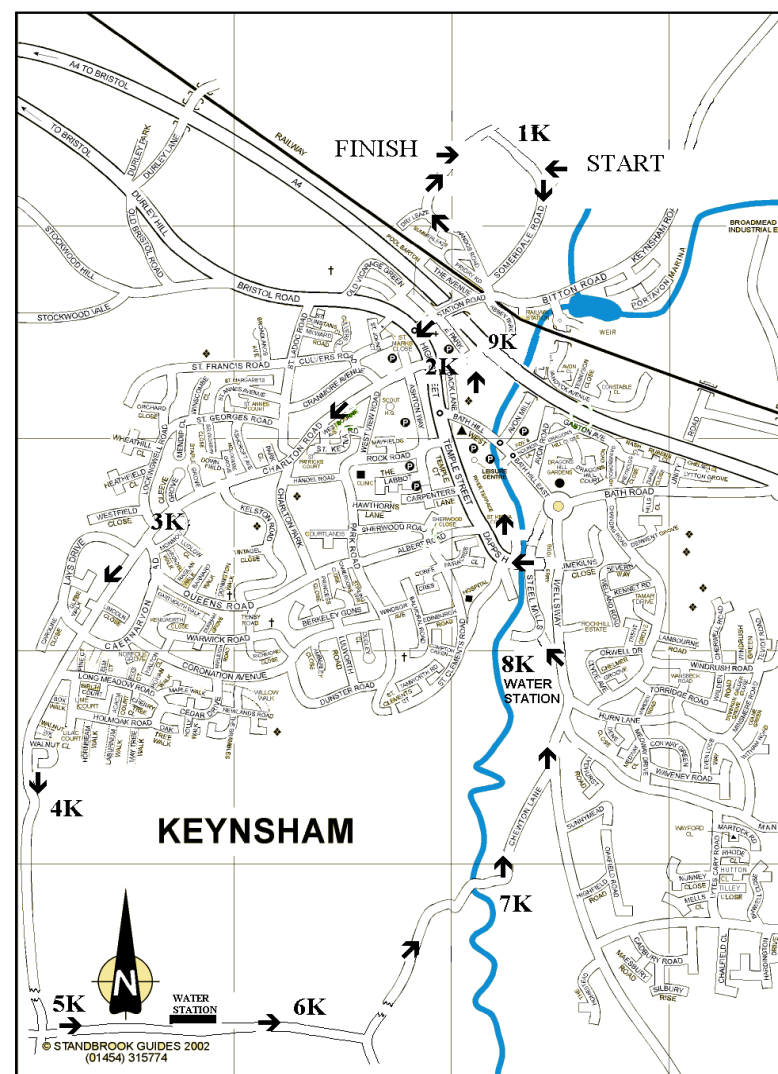
[www.1stkeynshamscouts.org.uk/roadrace](http://www.1stkeynshamscouts.org.uk/roadrace)

### CLASSES:

- JF – JUNIOR FEMALE (15-16 YRS)
- JM – JUNIOR MALE (15-16 YRS)
- SF – SENIOR FEMALE (17-39 YRS)
- SM – SENIOR MALE (17-39 YRS)
- 40F – VETERAN FEMALE (40-49 YRS)
- 40M – VETERAN MALE (40-49 YRS)
- 50F – VETERAN FEMALE (50-59 YRS)
- 50M – VETERAN MALE (50-59 YRS)
- 60F – VETERAN FEMALE (60+ YRS)
- 60M – VETERAN MALE (60+ YRS)
- AM – AFFILIATED MALE TEAM
- AF – AFFILIATED FEMALE TEAM
- OC – OPEN CLUB TROPHY
- BT – BUSINESS TEAM TROPHY

### RULES:

1. Team members in all classes qualify as individuals
2. Open Club Trophy is for all groups or organisations that do not fall into any other class
3. Runners may enter one individual class and one team class only
4. Any number of runners per team
5. Teams in classes AM & AF – first 3 to count
6. Teams in classes OC & BT – first 4 to count
7. Mixed sexes permitted in classes OC & BT
8. All runners must be 15 or over on race day
9. Team members in class BT must all be bona fide company employees
10. No competitor may receive more than one individual prize



Map reproduced by kind courtesy of Standbrook Guides

