



THE 24th KEYNSHAM 10K ROAD RACE

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

& CHILDREN'S FUN RUN

At CADBURY'S SPORTS GROUND

SOMERDALE, KEYNSHAM

SUNDAY 22nd MAY, 2011

ORGANISED BY 1st 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

Previous winners:

Male:

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

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

2009 – Martin Cox (Salford) 33:31

2010 - Martin Cox (Salford) 33:11

Female:

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

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

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

2010 – Gwen Kinsey (Severn AC) 38:37





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SUNDAY 22nd MAY 2011 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.....

(If under 18, this must be the signature of a parent or carer)

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 19th 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.



Sponsorship money raised by runners will be divided equally between Keynsham Mencap Society (Registered. Charity No. 275561) and 1st 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 st Keynsham Male and Female; also class BT
Medals	1 st , 2 nd , 3 rd in all individual classes
Prizes	1 st 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

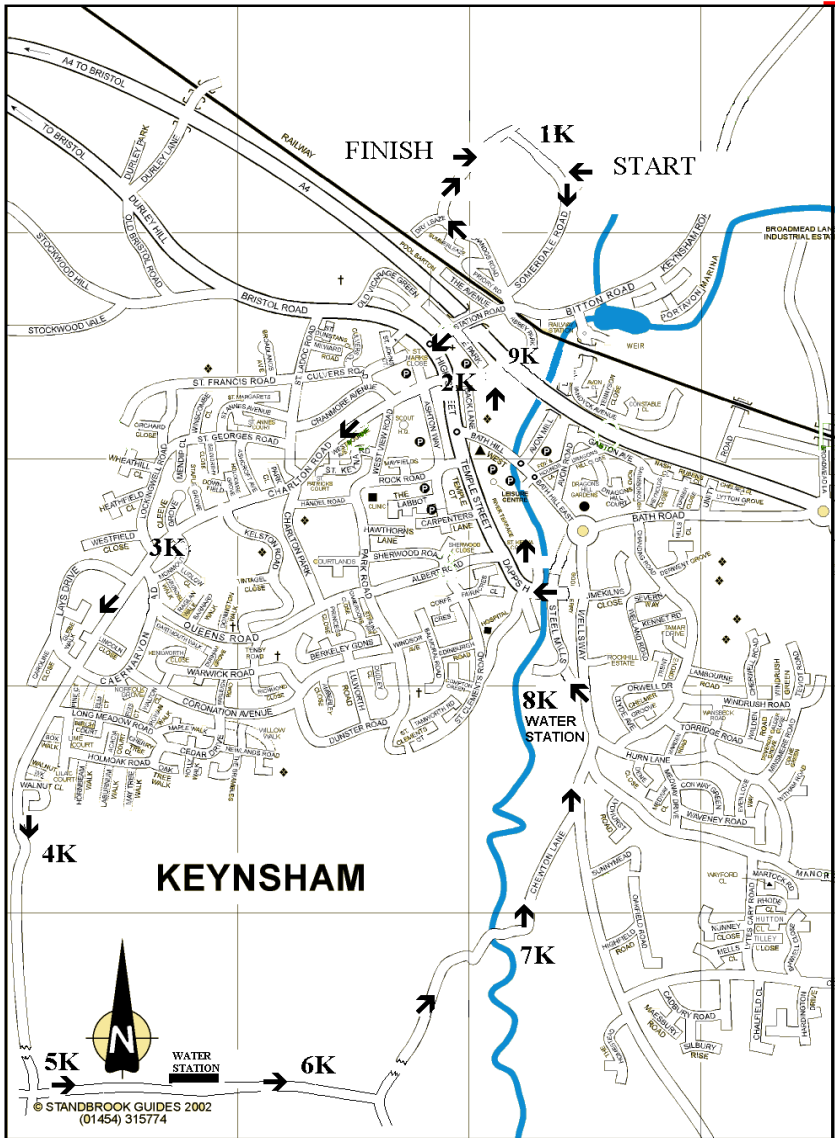
CLASSES:

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 OF THE COURSE



Map reproduced by kind courtesy of Standbrook Guides

