



HORNDON 10k RUN

11:00 am SUNDAY 27 JUNE 2010

UK:A Licence 2010-100693
Certificate of Course Accuracy 07/042r



The **Rotary Club of Stanford le Hope and Corringham** has been raising money for local and international charities for over 40 years and in that time have raised many thousands of pounds. We are responsible for organising the Horndon 10k Race and will continue to support charities by the proceeds of this event.

The 10k road race takes place during the annual 'Feast and Fayre' in the historic village of Horndon-on-the-Hill. Whether you are a 'Serious Athlete', Jogger or Fun Runner this is the event for you. . . Make it a day out and bring your family and friends along for the Craft and Charity stalls, All day Street Entertainments, Plenty of Food and two of the best Inns in the County. Changing facilities are very limited, please arrive ready changed if possible.

Total entries are limited to 500 due to the narrow roads and tracks. This event is held under UK:A rules.

Visit our web site www.rotary-sandc.org.uk or www.horndon10k.co.uk for more information and results

COURSE: Start at the Old School, High Road, Horndon-on-the-Hill (situated just off the A13 London/Southend road near Stanford-le-Hope, Essex). One lap plus a loop of a deceptively demanding circular course. Some sections may be a little rough underfoot.

AWARDS: Men: 1st, 2nd, 3rd, V40, V50, V60 Women: 1st, 2nd, V35, V45
Team: 4 to count - entry automatic from correctly completed entry form
Souvenir for all finishers

ON-DAY: **Only available if not fully subscribed - Total entries limited to 500**

FEE: In advance: UK:A £8-00 / Non-UK:A £10-00, On the day: £12-00/£14-00

CHEQUES: Payable to 'Rotary Club of Stanford & Corringham'

POSTAGE: Send with A5 or 220 x 110 Stamped Addressed Envelope

(Remember new postal rates, letters larger than A5 are more expensive) to

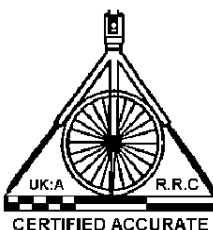
P. Hills, Soutra, Central Avenue, Stanford le Hope, Essex SS17 8HQ (01375) 415891



ENTRY FORM: Horndon 10k - 11am 27 June - Postal closing date 20 June

Surname		Forenames	
Address			
Postcode		Telephone	
Email			
Club			

	X	Tick as appropriate for race day
0		Man 15 to 39
1		Man 40 to 49
2		Man 50 to 59
3		Man 60 and over
4		Woman 15 to 34
5		Woman 35 to 44
6		Woman 45 and over



	X	Tick as appropriate
0		Non UK/A Club member £10 advance or £14 on day
1		Member of a UK/A affiliated Club £8 advance or £12 on day State name of affiliated Club above
0		I do not live in Horndon
1		I am a Horndon resident

£4 extra on the day

I enclose an extra payment of	£	as a voluntary donation to Rotary charities
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I am an Amateur as defined by UK:A rules. I will not run unless medically fit to do so and fully understand that I enter at my own risk and that the organisers will not in any way be held liable for any injury, loss or illness however occasioned, resulting from the event. (All information written on this form will be treated in strict confidence-it will not be passed to any organisation for promotional or advertising purposes)

Signed (by runner or by parent/guardian if under 18) I enclose a stamped addressed envelope, if not, I will pick up my number on the day	Date	
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