

CENTURION RUNNING CLUB

GRAND PRIX 2009-10

SUPPORTED BY SUTTON RUNNER

A 6-month series of races on Sundays:

Nov. 1 Dec. 6 Jan. 3 Feb. 7 Mar. 7 Apr. 11

Archbishop Grimshaw School, Entrance off Chelmsley Road, Kingshurst, North Solihull

2K Fun Run (10:30 start)

5M Race (11:00 start)

£250 in monthly prizes plus series awards in 5m race:

1st 5 and 1st 3 in age category [best 4 results to qualify for an award]

Individual timed certificates in 2k fun run

Lots of spot prizes

Commemorative memento to those participating on 4 or more dates (helpers / marshals included)

Run on footpaths through a flat, traffic-free parkland course
Ample changing, showers & parking facilities

Age category prize rota, 5M race (for series, age on November 7th will apply):

Nov. O/40 U/21	Dec. O/50 U/19	Jan. O/60 U/17
Feb. O/40 U/21	Mar. O/45 U/19	Apr. O/55 U/17

Entry Fees

5M: **£5** (£6 on the day) [£2 extra if unattached];
£20 to enter **series** (£25 unattached)

2K: **£2.50** or **£10**, **series**

News & results: www.centurions.org.uk

Entries to: Neil Prentice, 28 Rowlands Road, Yardley, Birmingham B26 1AS
For further information, ring Neil on 07970 123256 or Paul on 0771 611 962

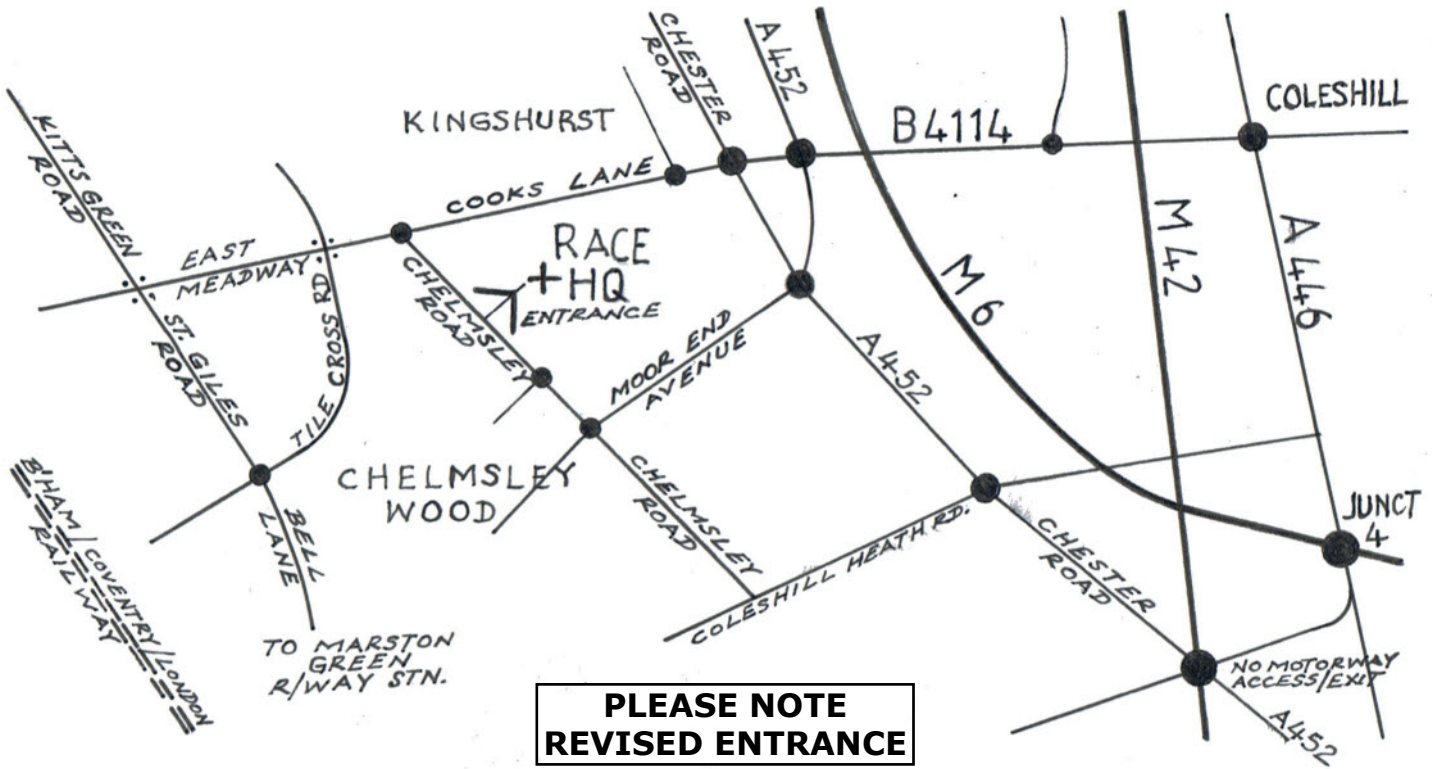
Run under UK Athletics rules; runners in 5M must be over 15 yrs. Permit applied for.



Centurion Running Club is a small friendly club catering for runners of all abilities and ages.
We meet at North Solihull Sports Centre (off Chelmsley Road) every Tuesday & Thursday, 7 p.m.

CENTURION GRAND PRIX 2009-10

ARCHBISHOP GRIMSHAW SCHOOL, CHELMSLEY ROAD, KINGSHURST, NORTH SOLIHULL



**PLEASE NOTE
REVISED ENTRANCE**

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Surname: _____ **Forename:** _____ **Sex (M/F):** _____

Address: _____

_____ **Post Code:** _____

Tel. No.: _____ **Affiliated Club / School:** _____

Date of Birth: ___/___/____ **Age on 1/11/2009 (for series):** _____ **years**

Please tick races entered:

	NOV	DEC	JAN	FEB	MAR	APR	SERIES
5M							
2K							

Boxes for official use only:

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Entry fee enclosed: £ _____ **Cheques made payable to Centurion RC**

I declare that I am an amateur as defined by UK Athletics and will abide by their rules. I confirm that I am medically fit and will run entirely at my own risk. I understand that the race organisers will not accept any responsibility for any injury, loss or damage as a result of my participation in this event.

Signed: _____

Date: ___/___/___

Signature of parent / guardian: _____

(for those under 16 years of age)