POCKLINGTON RUNNERS

PRESENT

THE 20th SNAKE LANE 10

ON

SUNDAY 27th FEBRUARY 2011

STARTING AT 11 am.

THIS YEARS RACE SPONSORS ARE -

VARLINK Mobile Computing & Data Capture Product Distribution

BROOKS

power health

sweatshop

Under UKA rules – Permit No : – applied for Photocopies are accepted – results can be found on www.ukresults.net

A flat rural course with a commemorative memento to all finishers – Changing and Bar facilities after the race at Pocklington Rugby Club

Prize vouchers from SWEATSHOP.

Extensive Prize List Including – MALE, FEMALE AND VETERANS IN FIVE YEAR AGE BANDS.
MALE VETS 40 TO 65. FEMALE VETS 35 TO 60. 1st THREE TEAMS WITH THREE RUNNERS TO COUNT

ADDITIONAL PRIZES: -
1ST MALE SUB 47 MINUTES = £500 – 1ST FEMALE SUB 55 MINUTES = £500
COURSE RECORDS = £100

CURRENT COURSE RECORDS: -
Male – 2009 Ricky Stephenson – 48-47
Female – 2006 Debbie Mason – 55-56

THERE WILL BE A LIMIT OF 850 WITH NO LATE ENTRIES AND N0 ENTRIES ON THE DAY.

IN 2010 OUR ENTRY LIMIT WAS REACHED IN ONLY **21 DAYS**, SO ENTER EARLY TO AVOID DISSAPOINTMENT.

✂……

First names……Surname ……
Address……
……
Name of Club……Phone No……
Sex (M or F)……Date of birth……Age on race day……
Age limit for this race is **18** years of age on race day

Please Tick category Male Open ☐ M40 ☐ M45 ☐ M50 ☐ M55 ☐ M60 ☐ M65 ☐
To be entered Female Open ☐ F35 ☐ F40 ☐ F45 ☐ F50 ☐ F55 ☐ F60 ☐

E.A Membership No ☐☐☐☐☐☐☐☐ **Entries close on 13th February 2011**
E.A Affil: -**£10**-Unatt: -**£12**- Cheques/PO made payable to **Pocklington Snake Lane**
Applications to:- **Race Secretary,8 Wheatlands Close,Pocklington,York,Y042 2UT**

DON'T FORGET TO INCLUDE YOUR 9" X 7" STAMPED ADDRESSED ENVELOPE.

Declaration:- I wish to enter the POCKLINGTON SNAKE LANE 10 MILE ROAD RACE and declare that I am an amateur as defined by UKA laws and certify that I am medically fit to run.Furthermore,I agree that the organizers will in no way be held responsible for any injury or illness incurred to my person during or as a result of the event and that all information supplied may be used by the organizers at their discretion.

Ukresults.net

SIGNED……DATE……