

PROUDLY PART OF THE SHEFFIELD
FESTIVAL OF ATHLETICS

SHEFFIELD LORD MAYORS 10K RACE

RACE STARTS AT 10.30AM
FUN RUN STARTS AT 9.30AM

AGAIN
FOR 2012
3K FUN
RUN

SUNDAY 22ND APRIL 2012

The course is accurately measured and flat, based on the track and pathways in and around Don Valley Stadium. The start and finish will be within the stadium which has a plentiful supply of toilets and showers. The course leaves and enters the stadium several times making it ideal for spectators, who can enjoy cheering on friends and family from the comfort of the covered grandstand.

Again in 2012 is the 3K FUN RUN open to all ages and starts at 9.30am. So why not come down and enjoy running in and around Don Valley in front of the grand stand and get cheered on by the crowds in the finishing straight. Or if you're running in the 10K race why not enjoy running round the course with your kids as a warm up to the main event. All junior entrants will receive a memento.

Important declaration: The race is off road, first aid is in attendance, marshals will monitor the race by bicycle. For safety reasons no iPods or MP3 players are to be worn during the race. Every care has been taken and the race is under UK rules and regulations. In Entering you are declaring that you are medically fit and the organisers can in no way be held responsible for injury or illness incurred during or as a result of the race. Please take care and enjoy the race.

COME TO SHEFFIELD AND SET A PERSONAL BEST

Organised by: CITY OF SHEFFIELD AC HALLAMSHIRE HARRIERS HANDSWORTH ROADHOGS



ENTRY FORM FOR SHEFFIELD LORD MAYOR'S 10K AND 3K FUN RUN

Name _____ Club _____

Address _____ Registration number _____

Postcode _____ Date of birth _____

Telephone _____ Age on 22rd April 2012 _____

Email _____ You are Male Female

All applicants in 10K must be 16 years of age on race day

Do you have any medical condition the organisers should be made aware of? Yes No

Please give details _____

Signature - The above details are correct and I understand the declaration _____

Payment details:

One entry per form. Additional forms and acknowledgement of entry and can be found at www.sadg.co.uk/foa.htm
Cheque's made payable to "Sheffield Festival of Athletics" with your name and address on the reverse.

Please sign the form and enclose a cheque and post to: Steve Marshall, 9 Ashbury Drive, Sheffield S8 8LE

t: 07957 423177, e: stevem@norton-one.co.uk **Include a large SAE (LG STAMP) for number and other information.**

Please tick size box for free T-shirt Small tick Med tick Large tick XL tick please fill in for all events

SHEFFIELD LORD MAYOR'S 10K Attached £10 Unattached £12 Plus £2 for entry on day

SHEFFIELD FESTIVAL FUN RUN 3K All runners £5

Statement by parent/guardian for Fun Run entrants under 16 years of age

I hereby consent that the above named person may participate in the Sheffield Lord Mayor's Fun Run and any medical treatment necessary may be given without reference to either parent or guardian. I will not hold responsible the organisers, or any other person or body involved in the organisation of the event, for any injury, loss or illness resulting from the event.

Full name _____ Signed _____ Date _____