



Royal Sutton Coldfield



Athletics Club

Affiliated to England Athletics

Presents the

17th Running of the

LITTLE ASTON 5 MILE

ROAD RACE + 2 MILE FUN RUN

11.00 am SUNDAY 5th SEPT 2010

Venue: Recreation Ground, Forge Lane
Little Aston, Sutton Coldfield B74 3BE

Sponsored by



Mechanical Services Ltd.

Heating, Ventilation & Air Conditioning Engineers, Gas & Plumbing Installations, Service & Maintenance - Tel: 0121 378 4000

Entry fee: **Road Race:** £7.00 in advance (£9.00 on race day) Entrants must be 15 yrs or over on race day
Fun Run: £3.00 all ages – Junior race entrants must be under 15 yrs on race day

Entries: S.A.E. (Min 9" x 6") to: **LITTLE ASTON 5**, 185 Walsall Road, Four Oaks, Sutton Coldfield. B74 4NR
Tele: 0121 353 1016 – Cheques payable to R.S.C.A.C

Closing Date for postal entries 28th August 2010 - Entries received after that date can be collected on race day

LA5 Road Race:

Trophies: 1st & 2nd Male & 1st & 2nd Female
Plus prizes for 5yr age categories

Fun Run:

1st Junior Male & 1st Junior Female U15 yrs
1st Junior Male & 1st Junior Female U13 yrs
1st Junior Male & 1st Junior Female U11 yrs

Only 1 prize per athlete - Mementos to all finishers

The course is unsuitable for pushchairs

Entries limit: Road Race 300 - Fun Run 100 - Entries on day if limit is not reached

Supported by:

MIDLAND SUPPLY (Trophies)

42 Russell Bank Road

Sutton Coldfield

B74 4RQ

Tele: 07776 481760 Fax: 0121 5541857

Email: bobmidlandsupply@hotmail.com

William Wheat & Son Ltd

(Flowers and plants for your home & garden)

520 Chester Road

Aldridge

WS9 0PU

Tele: 0121 353 7123/4090

RACE No	5 Mile	Fun run	Results £1.00
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SURNAME: _____ FIRST NAME: _____

ADDRESS: _____

POSTCODE: _____

CLUB: _____ AGE ON RACE DAY _____ DOB _____ M/F _____

TEL NO: _____ Email: _____

I, the undersigned, understand that I participate in this event at my own risk and that the organizers will not be held responsible for any injuries sustained by me, or any property lost or stolen, before during or after the event. (Email.ver)

Signed (Parent or guardian if entrant is under 15 yrs)