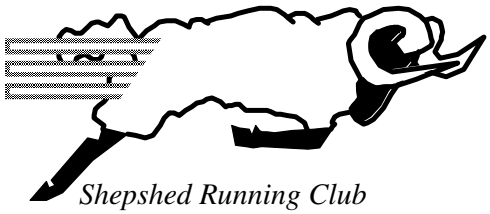

Shepshed Running Club

Shepshed Running Club proudly presents the 10th running of the

SHEPSHED SEVEN

& Family Fun Run

Sunday 7th November 2010

ARC Race Permit Application Underway

7 mile 11.00am **Fun Run 10.00am**

Both races start and finish at the Hind Leys Community College, Shepshed.

The 7 Mile race is an accurately measured and marked two-lap course with a 10km marker over a scenic, traffic free, countryside course through Garendon Park by kind permission of the De Lisle family.

7 Mile: Extensive prize list – trophies and prizes for all categories
(Male 1 - 5, Vet 40 1st and 2nd, Vet 50 1st and 2nd, Vet 55, Vet 60, Shepshed resident, Female 1 - 5, Vet 35 1st and 2nd, Vet 45 1st and 2nd, Vet 50,Vet 55, Shepshed resident, Team trophies for Athletic clubs: first 3 runners to count, team member prizes). ONLY ONE INDIVIDUAL PRIZE PER PERSON.
Course Record – Male: Tim Hartley, Shepshed Running Club, 36:00 – Female: Kate Ramsey, Barrow Runners, 40:48

1 Mile Fun Run: trophies for the first boy and girl 12 years and under

Commemorative Shirt to all 7 mile finishers. Spot prizes in the main race
Changing and shower facilities – LIMITED PARKING – Refreshments

Limited entries, 1st come 1st served. Race details and number sent on receipt of entry. Closing date for Shepshed 7 entries is 30th October 2010. **No 7 mile entries on the day**. Please use a separate entry form for each race entry. Photocopies and universal forms accepted. 7 mile competitors must be 16 or over on the race day.

Send Stamped Addressed Envelope (Minimum A5) with cheque made payable to **'Shepshed Running Club'** to: **Shepshed 7, c/o R Watkin, 16 Holt Drive, Loughborough, Leicestershire, LE11 3JA** Tel 01509 213252.

Latest News & Shepshed Running Club Information: www.shepshedrc.org.uk

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Please enter me for the:
* **Shepshed 7 (Affiliated) - £10.00**
* **Shepshed 7 (Unaffiliated) - £12.00**
* **Family Fun Run - £2.00**

* **Delete as appropriate**
One form per competitor per race

Surname: .....
First name.....
**Date of Birth.....
Male/Female.....
Affiliated Athletic Club.....
T Shirt Size:* S M L XL
(Sorry availability of T Shirt size requested cannot be guaranteed)
Phone: Home..... Work..... Mobile .....
E-Mail address.....

Address:
Building Name/Number.....
Street.....
Locality.....
Town.....
County.....
Postcode.....

**Note – The minimum age for the Shepshed 7 is 16 years old on the race day.
Disclaimer: I am medically fit to run and understand that I run at my own risk and that the organizers will in no way be responsible for any loss or damage to property. I accept the above information can be used for the purpose of organizing the race and producing a results list containing limited information.

Date..... Signed..... (Children under 14, a parent or guardian must sign on your behalf)

The details provided on this form will NOT be disclosed to any third parties.(The SRC Data Protection Policy can be found on our website)
Please tick the box if you do NOT wish Shepshed Running Club to use the information on this form to send you details of next years race. ☐