





# wellingborough multi-terrain

## ROUND ONE

17th January

5K:10K:15K

## ROUND TWO

7th February

5K:10K:15K

## ROUND THREE

28th February

5K:10K:15K

Organisers and official Coaching Support to the series:

*-Just Racing-*

[www.justracinguk.com](http://www.justracinguk.com)

**SPORTS EVENT MANAGEMENT**

### ROUND ONE - 17th January

	Affiliated	Unaffiliated
05k	<input type="checkbox"/> £9	<input type="checkbox"/> £11
10k	<input type="checkbox"/> £10	<input type="checkbox"/> £12
15k	<input type="checkbox"/> £11	<input type="checkbox"/> £13

### ROUND TWO - 7th February

	Affiliated	Unaffiliated
05k	<input type="checkbox"/> £9	<input type="checkbox"/> £11
10k	<input type="checkbox"/> £10	<input type="checkbox"/> £12
15k	<input type="checkbox"/> £11	<input type="checkbox"/> £13

### ROUND THREE - 28th February

	Affiliated	Unaffiliated
05k	<input type="checkbox"/> £9	<input type="checkbox"/> £11
10k	<input type="checkbox"/> £10	<input type="checkbox"/> £12
15k	<input type="checkbox"/> £11	<input type="checkbox"/> £13

Name  Sex  Age  D.O.B

Address  Postcode

Tel (Day)  Tel (Eve)

Email  Club

I understand and agree that I participate in the event(s) entirely at my own risk and that no responsibility shall be attached to the event organisers for any injury, accidents, loss or damage caused as a consequence of this event.

Signed  Date

How did you find out about the Series?

Race information is on [www.justracinguk.com](http://www.justracinguk.com) and the results will also be on this site after the event. For further information contact Just Racing: 01933 663516 [events@justracinguk.com](mailto:events@justracinguk.com)

## The Series

Each race is 3 weeks apart, taking place during the winter/spring 2010.

### ROUND ONE - 17th Jan    ROUND TWO - 7th Feb    ROUND THREE - 28th Feb

With its unique 5k, 10k or 15k option at each round, use the series to:

- ✓ Monitor training / progress throughout the winter,
- ✓ Focus your racing and provide a good winter challenge.
- ✓ Improve your endurance by building up your race distances.
- ✓ Compete for your club in the series club championships.

The 2010 Wellingborough Multi-Terrain Series will again feature the following:

- **Series Results** - all runners will score points at each race in each round. These points will be added together after each race to give all runners a series position\*
- **Club Championships** - Each club's top 4 scoring runners over each round in the series will contribute towards a club Series Championships. An additional 10 points will be added to your club's score for each club member running (eg. 10 runners from your club - 100 extra points, 30 runners = an extra 300 points).
- **Prizes** for top 3 Male and Female finishers plus Vets and Super vets.

\*The scoring system will be tiered: 15k winner will score 500 points, 10k winner 490 points and 5k winner 480 points. Each place lower will score 1 less than the winners (eg. 10th place in the 15k will score 490 points).

For those who don't want to enter all the 3 rounds in the series, you can choose either the 5k, 10k or 15k in rounds 1, 2 or 3.

## The Venue & Course

Irchester Country Park is situated approximately 1 mile south of Wellingborough, just off the A509. The views are stunning within the woods and the venue lends itself perfectly to a beginner friendly multi-terrain event.

The course for all 3 distances are the same, with the 5k runners completing 1 lap, the 10k runners 2 laps and the 15k runners 3 laps. The varied terrain of this Jurassic Park will lead runners over forest paths and tracks, grassy meadows, muddy slopes and (weather depending) wet areas.

## Entry Information

(Under UK Athletics Rules - Permits Applied For)

- Races Start at 10am
- Closing date for postal entries 1 week before event
- Entry Fee on day (All plus £2)
- Min Age - 5k:15yr, 10k:16yr, 15k:17yr age on day of race
- Registration starts at 9am
- Race medal for all finishers

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<b>deseret</b> accountants


<b>THE</b> <b>RUNNING</b> <b>SHOP</b>	<b>Northampton</b> T: 01604 701961 Staffed by runners www.therunningshop.org.uk sales@therunningshopuk.co.uk
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Cheques payable to 'Just Racing' and returned with 1 x SAE to:  
Just Racing (WS), 56 York Road, Wollaston, Northants NN29 7SG  
or enter online via [www.justracinguk.com](http://www.justracinguk.com)