



WOODHALL SPA 10K RUN 2009



Suitable for Wheelchairs

SPONSORED BY

THE
LINCOLNSHIRE
RUNNER



AND 3 MILE FUN RUN

A FAST, FLAT COURSE IN ATTRACTIVE SCENERY

WOODHALL SPA IS SITUATED SOME 14 MILES SOUTH EAST OF LINCOLN (SEE OVER FOR DETAILS)

SUNDAY, 7th JUNE, 2009

11.00 a.m. Start

Conducted to UKA Rules – Permit displayed at Late Entry Desk



CARAVAN AND CAMPING FACILITIES,
FREE PARKING,
MEDICAL SUPPORT
AND REFRESHMENTS

**PRIZES FOR WINNERS
AND VETERAN CATEGORIES
PLUS
MEDALS TO
ALL FINISHERS OF THE 10K**

(Competitor instructions will give the details)

3 MILE FUN RUN, START 11.10
MEDALS TO ALL FINISHERS
FANCY DRESS WELCOME

**ENTRY FEES - UKA affiliated club competitors £10.00, Non-UKA affiliated club competitors £12.00
3 Mile Fun Run Competitors - £2.00**

POSTAL ENTRIES CLOSE 23rd MAY, 2009 - S.A.E. FOR INSTRUCTIONS, CHIP AND RACE NUMBER

3 Mile Fun Run - please do not send in a postal entry but simply register on the day at the Cricket Pavilion.

There will be a limited number of 10K places available for on the day entry - best not to take the risk and pre-register.

On the day entry into the 10K is £11.00 for affiliated competitors and £13.00 for non-affiliated competitors.

ENQUIRIES, ENTRY FORMS AND FEES TO:

WOODHALL SPA 10K, SANDBROOK HOUSE, WOODHALL SPA, LINCOLNSHIRE, LN10 6TP

For further details: www.woodhallspa.org

CHEQUES TO BE MADE PAYABLE TO "WOODHALL SPA 10K ROAD RACE"

ALL PROFITS IN AID OF LOCAL CHARITABLE ORGANISATIONS

10K ENTRY FORM (Photocopies acceptable)



Please complete in block capitals and tick appropriate boxes:

Have you run in the Woodhall Spa 10K before? YES NO

First Name Surname

Address Post Code

Are you a: Running competitor Wheelchair competitor

Are you: Male Female

Your date of Birth is: (Minimum age is 15 years for the 10K Run).

Are you a member of an UKA Affiliated Club? YES NO If YES, which?

(If you are not a member of a UKA affiliated club you must pay the unaffiliated entry fee).

Please enclose a SAE (6" x 9") so we can send you your number(s) and details.

Tick to confirm

Please enclose your entry fee cheque/PO payable to "Woodhall Spa 10K Road Race"

Tick to confirm

Please read and then sign to confirm:

I am medically and physically fit to run and understand I enter at my own risk. The organisers will not be held responsible for any injury, loss or illness however occasioned from this event.

Signed: Date:

Woodhall Spa

Woodhall Spa is situated 14 miles south east of the city of Lincoln, and is easily reached by road. Woodhall is not a large town and you should have little difficulty finding Jubilee Park - the sketch map shows some of the main landmarks to help you find us. The 10K event is based in Jubilee Park (OS Grid: TF190634) with the Information Desk and Late Entry Desk based here in the Cricket Pavilion. There is also ample parking along with designated parking areas for wheelchair competitors with easy access to the course.

The Woodhall Spa 10K has established itself as one of the premier events in the region with athletes coming from all across the Midlands and the North East to compete on this flat course through the beautiful Lincolnshire countryside. The 10K Run is expected to attract some 1000 athletes, many of whom will be first time 10K competitors and of a wide age range. The event is open to both runner and wheelchair competitors.

The event is organised by a team of volunteers with all profits going to local good causes; and, run to the exacting standards required by the British Association of Road Races.

Recent winners of the event are as follows:

2008: Mens Open - Colin Hawkins	31 mins. 23 secs.
Womens Open - Natalie Farrow	37 mins. 33 secs.
2007: Mens Open - Carl Ryde	32 mins. 24 secs.
Womens Open - Debbie Mason	36 mins. 41 secs.

For postal entries, once your entry form has been processed you will receive back detailed competitor instructions, your running number and chip. Please do not expect to receive these until late May.

The website has further information, including pictures from previous years, course route, etc. – www.woodhallspa.org

Woodhall Spa is a delightful inland resort, set against a backdrop of magnificent pine and birch woods. This beautifully kept village offers visitors a peaceful and relaxed atmosphere. It is an ideal venue for a holiday or short break and superb hotel and self catering accommodation is available in plenty.

Popular with many visitors are the walks through the woodlands, especially when the rhododendrons, a famous feature of Woodhall Spa are in bloom. The Cottage Museum is a treasure trove of old photographs and memorabilia of the village. The Kinema in the Woods and Kinema Too is one of the few back projection cinemas in the country and even offers entertainment on an original Compton Organ.

For further details about the area, please ring Louth Tourist Information Centre on 01507 609289 (24 hr) or write to

Louth T.I.C., The New Market Hall, Off Cornmarket, Louth, Lincs., LN11 9PY

or Woodhall Spa Tourist Information Centre, The Cottage Museum, Iddesleigh Road, Woodhall Spa, Lincolnshire, LN10 6SH. Tel. (01526) 353775 (open Easter to end September)

