

WOODHALL SPA 10K ROAD RUN

&

3 MILE FUN RUN

2012

Suitable for Wheelchairs

THE
LINCOLNSHIRE
RUNNER



The Woodhall Spa 10k is organised by a group volunteers including Woodhall Spa & Horncastle Round Table with all the proceeds going to local good causes.



ROUNDTABLE

SUNDAY, 10th JUNE, 2012

A FAST & FLAT COURSE IN THE LINCOLNSHIRE COUNTRYSIDE

11.00 a.m. Start

Conducted to UKA Rules – License number: Published on the website

PRIZES FOR WINNERS AND VETERAN CATEGORIES

PLUS

T-SHIRTS TO ALL FINISHERS OF THE 10K

ENTRY FEES: UKA affiliated club competitors £11.00, Non-UKA affiliated club competitors £13.00

3 Mile Fun Run Competitors – £2.00

POSTAL ENTRIES CLOSE 26th MAY '12 –SEND 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 FEES: UKA affiliated club competitors £12.00, Non-UKA affiliated club competitors £14.00

ENQUIRIES, ENTRY FORMS AND FEES TO:

WOODHALL SPA 10K, 2 Hoylake Drive, Woodhall Spa, Lincolnshire, LN10 6WA.

For further details:

www.woodhallspa.org/10k

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

ALL PROFITS IN AID OF LOCAL GOOD CAUSES



10K ENTRY FORM (Photocopies accepted)

Please complete in block capitals and tick appropriate boxes:

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, name of club.....

(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.

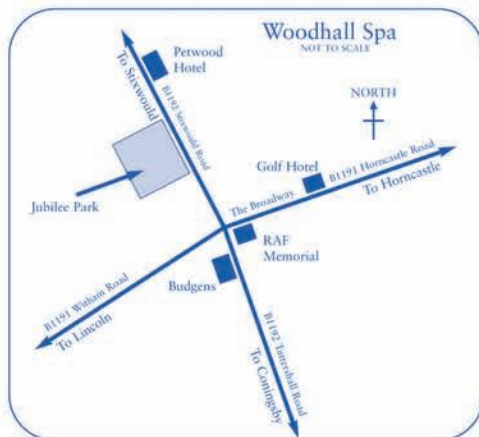
Signed: Date:

..make a weekend of your visit!

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 or Postcode: LN10 6QH) 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 across the county 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 Woodhall Spa & Horncastle Round Table with all profits going to local good causes; and, run to the exacting standards required by the British Association of Road Races.

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/10k

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.

Additionally Jubilee Park has both caravan and camping pitches, tennis courts, pitch & put amongst others. Along with outdoor heated swimming and paddling pools. Caravan and camping facilities are also available at the Petwood Caravan Park - www.petwoodcaravanpark.co.uk.

To check we have your application and latest info about the 10K:

www.WoodhallSpa.org/10K

For further information about Woodhall Spa:

www.WoodhallSpa.org

For further information about Jubilee Park:

www.JubileeParkWoodhallSpa.co.uk

For further information about Woodhall Spa & Horncastle Round Table:

www.roundtable.co.uk