

**CONDUCTIVE
EDUCATION 10KM
SUNDAY 28th September
2008 AT 9.30AM
WITH 5km FUN RUN (Ruby
Race) AT 11.00AM**

Proceeds to



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START TIME: 9.30 AM – 5km Fun Run 11am (accurately measured)
START / FINISH: At Cannon Hill park, Russell Road, Birmingham, B13 8RD
COURSE: INTERESTING! Around the paths and parks of Cannon Hill park, fast course, chance of PB.
FACILITIES: Hot / cold drinks and snacks changing rooms and limited showers.
MEMENTO: T-shirt to all finishers.
ENTRY FEE: 10km £8.00 (£10.00 unattached) 5km £8.00, Teams of 4, £30

Closing date for postal entries 23 September
 Entries will not be accepted on the day
 (Cheques payable to Foundation for Conductive Education)

RESULTS SERVICE: Online at Conductive Education or £1.00 by post.

PRIZES: First three men, first three women. In 10km
 Vets men: first 40-44, 45-49, 50-54, 55-59, 60+
 Vets women: first 35-44, 45-49, 50-59, 60+.
 Only one prize per person.
 Team prizes (club runners only): first men's team & first women's team. 3 people in team. Also spot prizes.
 Most Improved runner male & female if you ran in 2007 and you improve your time you maybe eligible for this prize. Middle of pack If you finish half way down the results you will win a prize.

ENTRIES: To: Race Sec, 15 Jervoise Drive, Northfield, Birmingham B31 2XL.
 Tel: 07885 807317. **Closing date for postal entries 23 September**
 Email: martin.foster2@virgin.net
 Please enclose stamped addressed envelope. With correct postage.

RUNNERS MUST BE OVER 16 ON DAY OF RACE

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Race entered 5km [] or 10km [] please tick **ENTRY FORM**

NAME:		SEX:	M/F	D.O.B.:	
ADDRESS:					
EMAIL ADDRESS:					
CLUB (If attached to UK Athletics):		TEL NO:			
Please enter me for the Conductive education 10km. I declare that I am medically fit to run and understand that I take part entirely at my own risk. I declare that I am an amateur as defined by UK Athletics. I agree to abide by the current laws and rules of competition of UK Athletics. I will be 16 years of age or over on the day of the event. I consent to Conductive Education holding personal data from this entry form on the computer for the purposes of race administration. This information will not be passed on to third parties, other than the publication of your name and time in the race results. Information held about you will be made available to you on request.					
SIGNED:		FEE PAID:		DATE:	

How to Find Us

Directions:

Head towards Birmingham and follow brown signs to Cadbury World. This will bring you onto Linden Road. If coming from the south (Redditch/Kings Norton), before you reach Cadbury World, turn left onto Mary Vale Road, and go straight over the next roundabout. Past the houses on the left there is a turning into the Rowheath Pavilion car park. If coming from the north (Birmingham City Centre/ Selly Oak), you will Pass Cadbury World on your left, and take the second right into Mary Vale Road.

