



# The Goodrich 10k Road Race



inc. BMAF Championship and MMAC Championship  
and Inter Area 10k Challenge

also 1 mile Fun Run

from Goodrich Sports Field, Fordhouses Wolverhampton, A449 just off Junction 2 M54

**Sunday, September 12<sup>th</sup> at 10.00 a.m.**

The course starts at Ball Lane, Coven Heath and finishes on the sports field situated behind the Goodrich factory Fordhouses, Wolverhampton and is a measured 10k all on road and pavements.

Prizes will be given to first three Men and to first three Women in overall race and also first in each age category

Main Race-Male 40,50,60,70. Female 35,45,55,65 and 1<sup>st</sup> Under 20 Male and Female runner

BMAF/MMAC Prizes in 5 year age categories from M35/W35

Inter Area - first 3 Men and Women, first team W35,45,55 M35,40,50,60,70

Tee shirts provided for all finishers of the main 10k road race.

*(Race permit applied for)*

**Entry : £8.00 Affiliated, £10.00 Unattached. On the day entries £10 Affiliated, £12 Unattached  
Fun Run £2 on the day**

Name \_\_\_\_\_

Age on day of race ( min age 15) \_\_\_\_\_ Sex M/F \_\_\_\_\_ Date of Birth \_\_\_\_\_

Running club (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post code \_\_\_\_\_

Tel. No. \_\_\_\_\_ E-mail address: \_\_\_\_\_

Please make cheques payable to Wolverhampton and Bilston A.C. and send entry form and appropriate fee with a large stamped addressed envelope to:

The Goodrich 10k Road Race, 6 Chadwell Gardens, Codsall, Wolverhampton, West Midlands WV8 1AF.

(Race enquiries 01902 846917 or 01902 689279)

Closing date for postal entries 5<sup>th</sup> September, 2010

**No BMAF or MMAC entries on the day .**

Signed \_\_\_\_\_ Date \_\_\_\_\_

10k Race

MMAC Championship

Fun Run

BMAF Championship

(If applicable ) BMAF/MMAC Club \_\_\_\_\_

BMAF Club No. \_\_\_\_\_

**Declaration:** I participate in The Goodrich 10k Road Race entirely at my own risk and agree that the organisers will not be held responsible for any injury sustained by me or any loss or damage of property as a result of taking part.