

27th EAST MIDLANDS GRAND PRIX 2010			The Running Shop 11 St Leonard's Rd Far Cotton Northampton NN4 9DL Tel: 01604 701961 www.runningshopuk.co.uk
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The Grand Prix is based upon the **five** best performances in the following separate summer evening road races held in the East Midlands. **Note that chip timing will again be used at Silverstone in 2010.**

Tuesday 4 May 7:30 pm Closing date: 27 April	THE SILVERSTONE GRAND PRIX 10K Silson Joggers PO Box 5752, Silverstone, Towcester, NN12 8ZF. Cheques to: Silson Joggers AC	Wednesday 12 May 7:45 pm Closing date: 5 May	THE RUGBY 6 The Race Secretary PO Box 66, Rugby, Warwickshire CV22 5PR. Cheques to: Rugby & Northampton AC.
Tuesday 18 May 7:45 pm Closing date: 11 May	THE BEDFORD 6 The Race Organiser 6 Merton Road Bedford MK40 3AF Cheques to: Bedford & County AC	Wednesday 26 May 7:45 pm Closing date: 19 May	THE CORBY 5 Mr. R Garrity 109 Beanfield Avenue, Corby, Northants, NN18 0AX. Cheques to: Corby AC
Tuesday 1 June 7:45 pm Closing date: 25 May	THE WEEDON 10K Mrs J Keech 14 Ashmore, Long Buckby, Northants, NN6 7RT. Cheques to: Human Energy AC	Tuesday 8 June 7:45 pm Closing date: 1 June	THE BANBURY 5 The Race Secretary 6 County View, Clifton, Banbury, Oxfordshire OX15 0PZ Cheques to: Banbury Harriers AC
Tuesday 15 June 7:45 pm Closing date: 8 June	THE HARBOROUGH 5 Glenroy, North Road, South Kilworth, Lutterworth, Leics, LE17 6DU. Cheques to: Harborough AC.	Tuesday 29 June 7:45 pm Closing date: 22 June	THE MILTON KEYNES 10K Dr Mick Bromilow OU Maths Department, Walton Hall, Milton Keynes, Bucks, MK7 6AA. Cheques to: M.M.K.A.C.
Please note: Awards for Junior Men and Women will be based on 4 best performances of the Series			
Entry fees: All races except Silverstone: Attached £5 in advance / £7 on race night; Unattached £7 / £9 Silverstone (Chip timing): Attached £7 in advance / £9 on race night; Unattached £9 / £11 Series entry: attached £35; unattached £50; Closing date 27 April 2010 (Entries/cheque to Silson Joggers AC)			
Internet for latest information: http://www.emgp.org.uk			

Please use the same race number throughout the series

(There will be a £2.00 charge for replacement numbers)

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THE EAST MIDLANDS GRAND PRIX SERIES 2010

NAME OF RACE YOU WISH TO ENTER					
SURNAME		FORENAME		SEX	
AFFILIATED CLUB			ENGLAND ATHLETICS No:		
AGE ON RACE DAY					
ADDRESS				POSTCODE	
E MAIL ADDRESS				PHONE NO:	
FEE ENCLOSED (Add £2.00 for replacement number)				GRAND PRIX NUMBER (if you have one)	
I hereby declare that I am an amateur according to UKA rules. I am medically fit to run & understand that I enter at my own risk and that the organisers will not in any way be held responsible for any injury incurred during or as result of the event or for any property lost on the course or in the changing rooms. <input type="checkbox"/> I do not want organising clubs to pass my details on to the event sponsors & race organisers.					
SIGNED		DATED		PLEASE SEND SAE FOR RACE NUMBER AND RACE DETAILS	

PLEASE RETURN ENTRIES TO THE RESPECTIVE CLUB NOT TO THE RUNNING SHOP