

Welbourn 10k Trail Race

Sunday 22nd August 2010

Presented by *Toonie Express* In support of Welbourn Village Hall.
A Trail Run & Walk using small roads, farm tracks, field edges and footpaths. Memento and Pub Drinks Voucher to all finishers.

Event Website www.ToonieExpress.co.uk E-Mail Ancaster@ntlworld.com

ARC Affiliated Club and Race. Winners trophies.

Full facilities at the all new Welbourn Village Hall...



Ample Parking, Changing, Showers, Toilets, Key Dump, First Aid

Run Entry Limit of 250 Walk Limit 100 Please Enter Early

There will also be a 2mile Fun Run which along with the 10k Walk will have entry on the day, there will be No 10K Run Entry On The Day.

All information is sent by E-Mail, Race Numbers are collected on race day.

On-Line Entry at
www.RunnersWorld.co.uk



Supported by...

The Joiners Arms



THE LINCOLNSHIRE RUNNER

455 High Street - Lincoln - LN5 8JA



2010 Welbourn 10k Run & 10k Walk Entry Form

Name _____

Address _____

E-Mail _____

Entry Fees
Walk £8
Run Affiliated £8
Run Un-Affiliated £10

Age (Min15 for run) _____ Sex _____ Club _____

10k Run Affiliated _____ 10k Run Not Affiliated _____ 10k Walk _____

I understand that trail running / walking can be hazardous and in no way hold the organizers responsible for any injury or losses. I am fit to take part in this race and do so at my own risk.

Signed _____ (If under 18 adult to sign)

Please return form with Cheque made payable to "*Toonie Express*" to
Welbourn Races, C/O 16 Meadowbrook, Ancaster, Lincs NG32 3RR