

The KNIGHTON 20

20 Mile Road Race



SUNDAY 10TH MARCH 2019

START: 10.30am

From Knighton Sports and Social Club – ST20 0QH

3 laps of the lanes around Knighton

Incorporates a NSRRA League Race and
the Staffordshire Championships

Collect numbers on the day

Measurement No MC/15/405

Run under UK Athletics rules.

Permit No: is 2019-36678

Chip Timings

Awards to winners in the Staffordshire Championships

PRIZES to 1st 3 Men, 1st 3 Ladies and all veteran categories

ONLY ONE INDIVIDUAL PRIZE PER WINNER

TECHNICAL T-SHIRT TO ALL FINISHERS

ENTRY FEES: (PLEASE MAKE CHEQUES PAYABLE TO "STAFFORD 20")

Club Runners.....£15.00; Unattached.....£17.00;

N.B. Entries on the day will be subject to a £1.00 administration charge

Please return the completed entry form below to: Ken Rushton 6

Gardenholm Close, Lightwood, Stoke-on- Trent, ST3 7YQ

Knighton 20 Entry form 2019 (BLOCK CAPITALS PLEASE)

For further details telephone: Ken Rushton (01782) 330853 Email: kensushton54@gmail.com

Please Tick: Male <input type="checkbox"/>		Female <input type="checkbox"/>	
Surname:		First Name:	Other Initial:
Race Day Hoodies £19-50 (If purchasing please include with your race entry fee)		Please circle size required S M L XL	
U.K Affiliated Club: (if not a club member write unaffiliated)		NSRRA No: (Leave blank if you are not a member)	
Age on race day:		UK Athletics number:	
		Total Amount enclosed: £	
Address:			
Telephone number: (Day)		(Evening)	
Minimum age for the 20 Mile Road Race is 18 years on or before the race day. I declare that: (1) I am an amateur under UK Athletics rules; (2) I will abide by the UK Athletics laws and rules; (3) I enter and intend to run entirely at my own risk.			
Runner's Signature:		Date:	