

# Sherwoods Chevrolet



# DARLINGTON 10KM

## Sunday 8th August 2010

2 Lap Route

Fun Run starts 9.15am

Junior Race starts 9.45am

10km Road Race starts 10.30am

Chip Timing for 10km and 3km

Run under UKA rules -  
Road Race Licence 2010-0096



liveDarlington

Darlington Borough Council works in Partnership  
with the Rotary Club of Darlington in the organisation of this event.



**ADVANCE ENTRY ONLY FOR THE 10KM AND JUNIOR 3KM**

# A Big Thank You to our Sponsors

## Sherwoods Chevrolet



Our main road run sponsor.

We are also grateful to the following companies for their support



## Training Programme

...for The Darlington 10km - 8th August 2010 at 10.30am

### WEEKS 1 and 2

This is the first stage on your road to fitness. Run/walk for 15 minutes 3 times a week, building up slowly until you can run for 15 minutes non-stop.

### WEEK 3

Continue with the 15 minutes run, 3 times a week, but add in an extra run/walk for 20 minutes over the weekend.

### WEEK 4

Increase your weekday runs to 20 minutes, 3 times a week, but increase your weekend run to 25 minutes.

### WEEK 5

Keep your weekday runs to 20 minutes, 3 times a week, but increase your weekend run to 30 minutes.

### WEEK 6

Increase the weekday runs to 25 minutes, 3 times a week, and increase the weekend run to 40 minutes.

### WEEK 7

During the week, run for 20 minutes Monday, 30 minutes Wednesday and 25 minutes Friday. Increase the weekend

run to 45 minutes. (Weekday training may be altered to suit the individual).

### WEEK 8

Increase Monday's run to 30 minutes, keep Wednesday's run at 25 minutes and Friday's run to 25 minutes, but increase the weekend run to 50 minutes.

### WEEK 9

Run for 30 minutes on Monday, increasing Wednesday's run (if possible) to 35 minutes. Run for 25 minutes on Friday and run 30-45 minutes at the weekend.

### WEEK 10

Run for 20 minutes, 3 times during the week. Rest on Saturday.

### TRAINING TIPS

- 1) Warm up before you run.
- 2) Run slowly on the long weekend runs.
- 3) Wear good quality training shoes.
- 4) Try to run on a soft surface (e.g. grass) as much as possible.
- 5) Cool down at the end of your run.

**For top information and advice on running and to join the fastest growing running community in the world go to [www.runbritain.com](http://www.runbritain.com) or for information on our local clubs visit [www.darlingtonharriers.co.uk](http://www.darlingtonharriers.co.uk) and [www.quakersrunning.org.uk](http://www.quakersrunning.org.uk)**

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# THIS YEAR'S NOMINATED CHARITIES

This year's main beneficiary will be The Friends of Darlington Memorial Hospital appeal to raise

£60,000 to purchase a Wide Field Paediatric Digital Imaging System.

This will enable specialist medical staff to look at highly detailed images of newly born babies eyes and take corrective action where needed. Every year between 100 and 150 children will benefit from the introduction of this new cutting edge service in Darlington. The 'Friends', supported by Darlington Rotary Club, WRVS and of course with your help, aim to have this system installed this year.

The other very important beneficiary is St Teresa's Hospice which has been providing free essential care in Darlington and the surrounding community for over 24 years.

**PLEASE SUPPORT US – EVERY DONATION IS IMPORTANT**



# Extensive Prize List

**FOR THE DARLINGTON 10km  
(Presentations at approx. 12.15pm)**

## **MEN'S AND WOMEN'S PRIZES**

1st prize to the value of .....£125.00  
2nd prize to the value of .....£75.00  
3rd prize to the value of .....£50.00  
4th prize to the value of .....£25.00  
5th prize to the value of .....£20.00  
6th prize to the value of .....£10.00

## **MEN'S AND WOMEN'S TEAM PRIZES**

1st 3 prizes to the value of .....£20.00  
2nd 3 prizes to the value of .....£10.00  
3rd 3 prizes to the value of .....£5.00

## **VETERAN PRIZES**

(Over 40 to over 70 for men and over 35 to over 65 for women)

For the 1st and 2nd in each 5 year age category - Value £15 and £10 each respectively (not otherwise a prizewinner).

## **ALSO PRIZES FOR:**

- Most Sponsorship committed on the day
- First Wheelchair (assisted)
- An additional £150 in prize money is on offer for winning the race and setting a new course record. Available in both men's and women's races

## **CURRENT RECORDS:**

- Martin Scaife 30.21 (2002)
- Aly Dixon 33.39 (2008)

• **SPOT PRIZES FOR FUN RUNNERS** • **T-SHIRTS TO ALL FINISHERS**

# JUNIOR RACE & FUN RUN

This year's junior race is again over 3km and is open to all young athletes aged between 11 and 15. All entrants receive a souvenir T-shirt. If you are under 11 or an adult who wants to run with your children then why not enter our Family Fun Run which is a gentle jog around the centre of town. All participants will receive a commemorative medal.

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# ENTRY FORM

## ADVANCE ENTRY ONLY FOR THE 10KM AND THE JUNIOR 3KM

One entry per form, if you wish to enter more than one event, a separate entry form will be required (photocopies of entry form are acceptable)

- Closing date for all entries is Wednesday August 4th.
- Race packs will only be mailed out for entries received by Friday July 30th. After this date, entrants will be able to collect their information on the day of the race, from the race desk located in The Dolphin Centre Central Hall.
- Cheques should be made payable to; Darlington Borough Council and entries sent to Darlington Civic Theatre, Parkgate, Darlington DL1 5RR. Do not enclose an SAE unless you wish to receive receipt of entry
- You can also enter the 10km online by visiting either [www.runnersworld.co.uk](http://www.runnersworld.co.uk) or [www.ukresults.net](http://www.ukresults.net) You will still receive race information in the same way.

## ENTRY AND GENERAL RACE ENQUIRIES

If you have an entry or general race enquiry contact: Jeff Dawson on (01325) 388427 or email: [eventsteam@darlington.gov.uk](mailto:eventsteam@darlington.gov.uk) or go to [www.darlington.gov.uk/darlingtonevents](http://www.darlington.gov.uk/darlingtonevents) and visit the 10km pages.

## PERSONAL DETAILS

First Name	Surname	Male/Female	D.O.B.
UK Athletics club Name	UKA Registration Number	Best 10km time	
Address			
Tel No:	Mobile:	Postcode	
Email:			

**FREE SMS TEXT RESULTS SERVICE** - If you would like to receive your race time and finishing position by text, simply enter your mobile telephone number in the box above.

Your details will be added to our mailing list so we can keep you informed of future events.

This information may also be made available to other organisations associated with the 10KM.

You can withdraw your consent by ticking here

<b>THE DARLINGTON 10km</b> All competitors must be 15 or over on the day	
UKA £10.00 <input type="checkbox"/>	Unattached £12.00 <input type="checkbox"/>
Wheels assisted entrants <input type="checkbox"/>	T-Shirt Size s <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>
Closing date for all entries is August 4th. Please note that entry fees are non-refundable.	

<b>JUNIOR RACE ENTRIES</b> All competitors must be aged 11-15 on the day	
£4.00 <input type="checkbox"/>	<input type="checkbox"/>
T-Shirt Size s <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>	<input type="checkbox"/>

<b>FUN RUN</b>	
Adult <b>£2.00</b> <input type="checkbox"/>	<input type="checkbox"/>
Children under 15 <b>£1.00</b> <input type="checkbox"/>	<input type="checkbox"/>

<b>Please Leave Blank</b>
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I declare that I am amateur as defined by the UK Athletics.  
The organisers shall not be liable for any loss, damage, actions, claims, costs and expenses which may be made against the organisers by reason or in consequence associated with this event. I am in good health.

Signed \_\_\_\_\_