

# THE



# DARLINGTON 10KM



**Sunday 11th  
August 2019  
10.30am**

Run under UKA rules  
Road Race Licence  
**2019-37587**  
Darlington  
Borough Council  
works in Partnership  
with Rotary Club of  
Darlington in the  
organisation of  
this event

**ADVANCE ENTRY**  
(ONLY FOR THE 10KM)

 @HealthyDton #darlo10k

 facebook.com/darlington10km



# OUR PRINCIPAL SPONSOR



Darlington 10KM team happy to announce SG Petch as our new Principal Sponsor



## CHARITY INFORMATION



### Families & Conductive Education (FaCE) Children's Charity in Darlington

The charity supports rehabilitation of children and young people with neurological motor disorders. Through our positive approach we provide Conductive Education and social opportunities to families living with the impact of disability. Being the only provider in the North East to offer Conductive Education sessions at home and fully tailored holiday intervention programmes for these children. These services are transforming the lives of young people, helping them to improve their functional independence and happily fulfil their potential.

### St Teresa's Hospice



### Teresa's Hospice

We are also delighted to continue our ongoing support to St Teresa's Hospice which has been providing free essential care in Darlington and the surrounding community for over 27 years.

## TRAINING TIPS

For training tips and advice on running in general go to [www.runbritain.com](http://www.runbritain.com).

There is a 10-week training schedule on our website [www.healthydarlington.co.uk/10k](http://www.healthydarlington.co.uk/10k)

For further details on local running clubs go to [www.quakersrunning.org.uk](http://www.quakersrunning.org.uk) and [www.darlingtonharriers.co.uk](http://www.darlingtonharriers.co.uk)

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# EXTENSIVE PRIZE LIST

## MEN'S AND WOMEN'S PRIZES

1st prize to the value of	£600.00
2nd prize to the value of	£350.00
3rd prize to the value of	£225.00
4th prize to the value of	£50.00
5th prize to the value of	£30.00
6th prize to the value of	£20.00

## MEN'S AND WOMEN'S TEAM PRIZES

(First 3 to count)

1st 3 prizes to the value of	£30.00
2nd 3 prizes to the value of	£20.00
3rd 3 prizes to the value of	£15.00

## VETERAN PRIZES

(Over 40 to over 80 for men and over 40 to over 80 for women). For the

1st and 2nd in each 5 year age category

Value £20 and £15 each respectively

(not otherwise a prizewinner).

## YOUNG ATHLETES CATEGORY

There will be a young athletes category in the 10km and prizes will be awarded to 1st and 2nd in both boy and girl categories.

Young athletes aged between 15 and 17 will be eligible.

### ALSO PRIZES FOR:

- 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:

- Dominic Shaw 30.02 (2017)
- Kate Avery 33.05 (2014)

Prize vouchers supported by

**START**  
FITNESS  
THE RUNNING SPECIALIST

## FAMILY FUN RUN (9.00am start)

Even the smallest children are catered for with our Family Fun Run. It's a great opportunity for all the family to take part together. It's also a great warm up for mum or dad before the 10km! Souvenir medals for all participants. Entry is available on the day at The Dolphin Centre for the Fun Run or why not save time and enter in advance?

**To enter the fun run complete this form and either pay and hand it in to The Dolphin Centre or send it to The Dolphin Centre, Horse market, Darlington, DL1 5RP. Cheques to be made payable to Darlington Borough Council.**

## 3KM JUNIOR RUN (9.45am start)

The junior 3k run has exceeded our expectations since its reintroduction in 2015 . The run is over an out-and-back road course for 8 – 14 year olds. Similar to the 10K all entrants are chip timed and receive a t-shirt and there are prizes for age categories. The race is also a great opportunity for local sport clubs, athletic or otherwise to raise funds for their club.

**Please note there is a separate entry form to complete for the junior 3K run, visit [www.healthymarlington.co.uk/10k](http://www.healthymarlington.co.uk/10k) or enter online at <https://bookitzone.com/DarlingtonRaces/X6jFFX>**

## RUN TIMING AND RESULTS

Results will be available at [www.uktimers.net](http://www.uktimers.net) and [www.ukresults.net](http://www.ukresults.net). Don't forget to include your mobile telephone number when you enter and you will receive a post race text with your race time and finishing position, at no additional cost.

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# ENTRY FORM

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 **Friday 2 August 2019** or when race reaches capacity.
- Cheques should be made payable to; Darlington Borough Council and entries sent to **The Darlington 10k, c/o UKtimers, 1 Sutton Street, Blackburn, BB2 5ES**
- You can also enter the 10km online by visiting <https://bookitzone.com/DarlingtonRaces/Y6jFFX>  
Your race information will be mailed out as normal.

## ENTRY AND GENERAL RACE ENQUIRIES

If you have any postal registration or race pack queries please email: [john@uktimers.net](mailto:john@uktimers.net)

For queries relating to online entry, contact [info@bookitzone.com](mailto:info@bookitzone.com)

For general event queries contact Phil Haymer on (01325) 406417,

email [eventsteam@darlington.gov.uk](mailto:eventsteam@darlington.gov.uk) or go to [www.healthydarlington.co.uk/10k](http://www.healthydarlington.co.uk/10k)

## PERSONAL DETAILS

First name	Surname	Male/female	D.O.B.
British Athletics club Name		British Athletics Registration Number	Anticipated finish time
Address _____ _____			
Postcode		Tel No	
Email		Mobile <small>required for text results service</small>	

Your data will be used to process your entry for the 10k. If you wish to receive information about future 10k events please consent to being added to our mailing list by putting a tick in the box.

You can withdraw your consent at any time by emailing: [eventsteam@darlington.gov.uk](mailto:eventsteam@darlington.gov.uk).

Further information on how we will use your personal data is available at [www.darlington.gov.uk/your-council/data-protection-and-freedom-of-information/privacy-notice/](http://www.darlington.gov.uk/your-council/data-protection-and-freedom-of-information/privacy-notice/).

<b>THE DARLINGTON 10km</b> All competitors must be 15 or over on the day
Young athletes 15 to 17 years £8.00 <input type="checkbox"/> UKA £13.00 <input type="checkbox"/> Unattached £15.00 <input type="checkbox"/>
Wheelchair assisted entrants (both events are wheelchair friendly) <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 Friday 2 August or when race capacity is reached (Fun Run entrants can enter on the day) Please note that entry fees are non-refundable

I declare that I am medically fit and understand that I enter at my own risk and that 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 the event. I agree to abide by British Athletics rules. Any entrant aged under 18 must have their entry form approved and signed by a person aged over 18.  Signed: _____	<b>FUN RUN</b> Adult £2.00 <input type="checkbox"/> Children under 15 £1.00 <input type="checkbox"/> Entries are available on the day
	<b>Please leave blank</b>