

ENTRY FORM FOR TRACK AND FIELD MEETING, FUN RUN AND SHEFFIELD 10K

Name _____ Club _____
 Address _____ Registration number _____
 _____ Date of birth _____
 Postcode _____ Age on 18th April 2010 _____
 Telephone _____ You are Male Female
 Email _____ All applicants in 10K must be 16 years of age on race day
 Do you have any medical condition the organisers should be made aware of? Yes No
 Please give details _____
 Signature - The above details are correct and I understand the declaration _____

Payment details:

One entry per form. Additional forms and acknowledgement of entry and can be found at www.sadg.co.uk/foa
 Cheque's made payable to "City of Sheffield Athletic Club" with your name and address on the reverse.
 Please sign the form and enclose a cheque and post to: Mr. John Howley 54 Stradbroke Drive, SHEFFIELD, S13 8SD
 Tel 0114 239 4587, Email john@howley.plus.com Please include a large SAE - for number and other information.

- SHEFFIELD LORD MAYOR'S 10K** Attached £10 Unattached £12 **Plus £2 for entry on day**
 then £1.50 extra if you wish to enter any track and field events from the list below, please tick.
 All applicants in 10k must be minimum 16 years of age on race day.

- SHEFFIELD FESTIVAL FUN RUN 3K** All runners £5
 Statement by parent/guardian for Fun Run entrants under 16 years of age
 I hereby consent that the above named person may participate in the Sheffield Lord Mayor's Fun Run and any medical treatment
 necessary may be given without reference to either parent or guardian. I will not hold responsible the organisers, or any other
 person or body involved in the organisation of the event, for any injury, loss or illness resulting from the event.

Full name _____ Signed _____ Date _____

- OPEN TRACK AND FIELD** **£5 to enter one event (not 10K) then £1.50 for each extra event**
 So £5 for 1 event, £6.50 for 2 events, £8 for 3 events, £9.50 for 4 events, £11.00 for 5 events.
 (U11's, U13's, U15's and U17's age groups may only enter 3 events, U20s 5 events)

Male minimum age 8yrs U11's U13's U15's U17's U20's Senior

Female minimum age 8yrs U11's U13's U15's U17's U20's Senior

100 metres pb _____ No Age Restrictions (Fastest First)

200 metres pb _____ No Age Restrictions (Fastest First)

400 metres pb _____ U11's boys & girls and U13's boys & girls may not compete (Fastest First)

800 metres pb _____ No Age Restrictions (Fastest First)

1500 metres pb _____ U11's boys & girls and U13's boys & girls may not compete (Fastest First)
 U15's may only compete in one of the 800m or 1500m

Long Jump pb _____ No Age Restrictions

High Jump pb _____ No Age Restrictions

Shot Putt pb _____ No Age Restrictions

Javelin pb _____ No Age Restrictions

Pole Vault pb _____ U11's boys & girls and U13's boys & girls may NOT compete



SHEFFIELD FESTIVAL OF ATHLETICS

OPEN TRACK AND FIELD MEETING

ENTER EARLY - 500 Track and 400 Field limit

ELECTRONIC TIMING AND PHOTO FINISH
 + New for 2010 Pole Vault

SUNDAY APRIL 18TH 2010

SHEFFIELD FESTIVAL OF ATHLETICS

Don Valley Stadium, Sheffield

NEW FOR 2010
3K FUN RUN

NOW PROUDLY PART OF THE SHEFFIELD FESTIVAL OF ATHLETICS

SHEFFIELD LORD MAYORS 10K RACE

RACE STARTS AT 10.30AM / FUN RUN STARTS AT 9.30AM





SHEFFIELD FESTIVAL OF ATHLETICS

Don Valley Stadium, Sheffield

SUNDAY
APRIL 18TH
2010

City of Sheffield AC, Hallamshire Harriers and Handsworth Roadhogs present the

SHEFFIELD FESTIVAL OF ATHLETICS OPEN TRACK AND FIELD MEETING

APRIL 18TH 2010 10.30AM

ENTER EARLY - 500 TRACK LIMIT AND 400 FIELD LIMIT

ELECTRONIC
TIMING AND
PHOTO FINISH
+ New for 2010
Pole Vault

This is a graded track and field meeting. Competitors indicate their personal best performances and are then grouped into races and pools irrespective of age or gender. Athletes with disabilities are welcome to enter the open meeting – plus there will be races and field events specifically for disabled athletes. Minimum age limit for all track and field events will be 8yrs.

To produce a programme of competitors that includes their personal best performances. Closing date is Wednesday 14th April to ensure correct grading and inclusion in the programme. Entries received after this date will not appear in the programme and may NOT be graded.

Additional entry forms, plus entry and results lists can be found at www.sadg.co.uk/foa

Earliest start times (subject to entries) for the **TRACK EVENTS** are:

12.30pm - 1500m - no U11's boys & girls.

1.15pm - 100m - no restrictions.

2.45pm - 800m - no restrictions.

U15's may only compete in one of the 800m or 1500m.

4.30pm - 200m - no restrictions.

5.30pm - 400m - U11's boys & girls and U13's boys & girls may not compete.

ALL TRACK EVENTS WILL BE FASTEST RUNNERS FIRST

Earliest start times (subject to entries) for the **DISABILITY TRACK EVENTS** are:

12.00pm - 50m

12.15pm - 100m

1.00pm - 100m Wheelchair

2.20pm - 50m Walk

2.30pm - 200m Wheelchair

4.15pm - 200m

Earliest start times (subject to entries) for the **FIELD EVENTS** are:

10.30am - Pole Vault - Starting Height 1.7m Elimination after 3 consecutive failures.

12.00pm - Long Jump - 3 jumps.

1.00pm - High Jump - Bed one 1.00m upwards, Bed two 1.40m upwards. Progressing bars. Elimination after 3 consecutive failures.

2.00pm - Shot Putt - 4 throws.

2.00pm - Javelin - 4 throws.

Earliest start times (subject to entries) for the **DISABILITY FIELD EVENTS** are:

1.30pm - Throws and Shot

1.45pm - Long Jump running

1.50pm - Long Jump standing

2.50pm - Softball throw standing

What you get for your entry fee: All events judged and timed by graded officials. Free parking and entry for spectators. Showers, changing and toilet facilities. PLUS Memento for all entrants.

Photography: Accreditation to take photographs / film the event must be obtained on the day (free of charge). Athletes entering this competition are consenting to have photographs / images taken by accredited persons.

City of Sheffield AC, Hallamshire Harriers and Handsworth Roadhogs present the

2010 SHEFFIELD LORD MAYOR'S 10K RACE

APRIL 18TH 2010 10.30AM

Competitors of all levels come from near and far, those attempting their first race and those looking for a podium finish. The course is accurately measured and flat, based on the track and pathways in and around Don Valley Stadium. The start and finish will be within the stadium which has a plentiful supply of toilets and showers. The course leaves and enters the stadium several times making it ideal for spectators, who can enjoy cheering on friends and family from the comfort of the covered grandstand.

Entry for spectators is free and there is plenty of street and off street parking within easy access of the stadium. All Runners will receive a memento. There will be a prize list in all age groups linked to the number of entries. Results will be available on www.handsworthroadhogs.co.uk after the event.

NEW for 2010 is the **3K FUN RUN** open to all ages and starts at 9.30am. So why not come down and enjoy running in and around Don Valley in front of the grandstand and get cheered on by the crowds in the finishing straight. Or if you're running in the 10K race why not enjoy running round the course with your kids as a warm up to the main event. All junior entrants will receive a memento.

Important declaration: The race is off road, first aid is in attendance, marshals will monitor the race by bicycle. Every care has been taken and the race is under UK rules and regulations. entering you are declaring that you are medically fit and the organisers can in no way be held responsible for injury or illness incurred during or as a result of the race.

Please take care and enjoy the race.

COME TO SHEFFIELD AND SET A PERSONAL BEST

LORD MAYOR'S
CHARITIES

weston park hospital
Cancer Charity

Bluebell Wood
CHILDREN'S HOSPICE

SUPPORTED BY

wp.
whitesprint

KEEP ON
RUNNING