

ASICS STAFFORD 20

20 mile road race

SUNDAY 11TH MARCH 2012

AT 10.30am

THE 34TH STAFFORD 20 incorporates a
NSRRA League Race

and the Staffs County Championships

It is run under UK Athletics rules and Permit Scheme from
Staffordshire University at Beauside, Stafford,
Which is easily reached from J.14 of the M6

The course is on rural roads and lanes over undulating
Country, North of the County Town

It is accurately Measured

RRC Standards apply.

Race Record: Tony Milosorov (Tipton) 1.39.06 - 1988

Course Record over the revised course from the University

Chris Penny 1.43.42 - 1992

Michelle Ross-Cope 1.59.04 2009

Cert No

MC/04/036

Awards to winners in the Staffordshire Championships

And the first in each NSRRA Group

PRIZES to 1stst5 Men. 1st 5 Ladies and all veteran catagories

Teams 3 to Count Male & Female

ONLY ONE INDIVIDUAL PRIZE PER WINNER.

ENTRY FEE OF £9.00 (£11.00 IF UNATTACHED) PAYABLE TO STAFFORD 20

AND SEND a 9"x6" SAE TO

ASICS STAFFORD 20 6 GARDENHOLM CLOSE, LIGHTWOOD,

STOKE ON TRENT, STAFFS ST3 7YQ

ENTRIES ON THE DAY WILL BE SURCHARGED £1.50

Please note our 4hour limit to avoid undue pressure on officials and
Supporting staff. Runners continuing after 2.30PM must be responsible
for themselves, we will maintain skeletal services for a while beyond
the limit.

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ASICS Stafford 20: entry form :: 2012

BLOCK CAPITALS PLEASE

NAME.....MALE[] FEMALE[] AGE (on raceday) []

ADDRESS.....

.....TEL:.....

UK Affiliated Club.....or UNATTACHED

NSRRA No.....

UK Athletics Number.....

Enclose Entry Fee (£9 or £11 unattached payable to STAFFORD 20
Minimum Age for the 20mile road race is 18years 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

SIGNATURE.....SEND TO ASICS STAFFORD 20, 6
GARDENHOLM CLOSE, LIGHTWOOD, STOKE ON TRENT, STAFFS ST3 7YQ. TELE:01782 330853

SUPPORTED BY BOURNE SPORTS