



Stratford-upon-Avon Athletic Club
Presents the Seventh

SimplyRun

Not the Roman IX

(a 12Km Road Race over the old Roman 9 course)

Under UKA/EA rules. Licence no. 2009-100270

SUNDAY 17 JANUARY 2010

START TIME 11.00AM

VENUE



NFU Mutual Sports & Social Club, Knights Lane,
Tiddington, Stratford-upon-Avon, CV37 7BZ

All runners must be over 16 years of age at 17 January 2010
The course is not suitable for wheelchairs on the grounds of safety.

Sponsored by



www.simplyrun.co.uk

Trophies and Prizes

(one category only per individual competitor)

Men	Ladies
First 5 Seniors	First 5 Seniors
1 st V40, V45, V50, V55, V60, V65, V70	1 st V35, V40, V45, V50, V55, V60, V65
1 st three Teams of 3	1 st three Teams of 3

Race Memento to all finishers and Spot Prizes

£50 for breaking course records (Men 37:17 in 2004, Women 42:45 in 2006)

Entry Fee £10.00 for members of affiliated clubs, £12.00 others
Limit 700 (reached in '06, '07, '08, '09). NO entries on the day.
Closing date Monday 4 January 2010 or before if limit reached
Enquiries Ashley Sherren 01789 841489 (evenings)
E-mail notthe.roman9@virgin.net
Web-site www.stratfordac.co.uk

Enter on-line at www.runnersworld.co.uk/entry

SimplyRun Not the Roman IX 2010 - Entry Form

Please complete clearly in **BLOCK CAPITALS**

Forename		Surname	
Address			
Postcode		Tel	
Date of Birth		Age on Race Day	
E-mail			
Affiliated Club			
Individual Affiliation No. (if known)			
Team Name (if not affiliated Club)			

Tick Box to indicate entry category:

Male	Senior	V40	V45	V50	V55	V60	V65	V70
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Female	Senior	V35	V40	V45	V50	V55	V60	V65
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Declaration: I will abide by the rules of UKA/EA. I will be over 16 years of age on race day. I accept that the organizers will not be liable for any accident, injury, loss, damage, action, claim or cost of expenses which may arise as a consequence of my participation in this event. I will not compete in this race unless I am fit enough to run and in good health on the day. I compete at my own risk.

I enclose my entry fee of: £ (cheques to 'Stratford-upon-Avon AC')

Signature: Date:

Detach this form and return (to arrive by Monday 4 January) with entry fee, and a **STAMPED ADDRESSED ENVELOPE** (see below for postage) to:
Simply Run NTR IX 2010 Race Entries, Pine Trees, Dark Lane, Tiddington, Stratford-upon-Avon, CV37 7AD

	Envelope Size	First Class	Second Class
Letter	A5 (C5)	39p	30p
Large Letter	A4 (C4)	61p	47p

Official Use Only

