

		34 <sup>th</sup> EAST MIDLANDS GRAND PRIX 2017			
<b>Tuesday 2 May 7:30 pm</b> Closing date: 25 April	<b>THE SILVERSTONE GRAND PRIX 10K</b> John Fowler 10a High Street, Silverstone, Towcester, NN12 8US Cheques to: Silson Joggers AC		<b>Friday 12 May 7:45 pm</b> Closing date: 5 May	<b>THE WOOTTON FRIDAY 5 miles</b> The Race Secretary Wootton Road Runners, PO Box 785, Northampton, NN4 9TZ. Cheques to: Wootton Road Runners	
<b>Wednesday 17 May 7:45 pm</b> Closing date: 10 May	<b>THE RUGBY 6 miles</b> The Race Secretary PO Box 66, Rugby, Warks, CV22 5PR. Cheques to: Rugby & Northampton AC		<b>Wednesday 24 May 7:45 pm</b> Closing date: 17 May	<b>THE CORBY 5 miles</b> John McCrone, Cedar House, Upper Laxton, Corby NN17 3AZ  Cheques to: Corby Athletic Club CIC	
<b>Tuesday 6 June 7:45 pm</b> Closing date: 30 May	<b>THE BANBURY 5 miles</b> The Race Secretary 6 County View, Clifton, Banbury Oxon OX15 0PZ Cheques to: Banbury Harriers AC		<b>Tuesday 13 June 7:45 pm</b> Closing date: 6 June	<b>THE HARBOROUGH 5 miles</b> Graham Laurie, 15 Pytchley Way, Brixworth, Northants NN6 9EF  Cheques to: Harborough AC	
<b>Tuesday 20 June 7:45 pm</b> Closing date: 13 June	<b>THE WEEDON 10K</b> Mrs J Keech 14 Ashmore, Long Buckby, Northants, NN6 7RT. Cheques to: Human Energy AC		<b>Tuesday 27 June 7:45 pm</b> Closing date: 20 June	<b>THE MILTON KEYNES 10K</b> Dr Mick Bromilow 7 Phoebe Lane, Wavendon, Milton Keynes, MK17 8LR. Cheques to: M.M.K.A.C.	
<b>ALL RACES ARE RUN UNDER UK ATHLETICS RULES – SEE REVERSE FOR INFORMATION</b>					
Entry fees: <i>All races except Silverstone</i> : Attached £7 in advance / £10 on race night; Unattached £9 / £12 <i>Silverstone (Chip timing)</i> : Attached £10 in advance / £13 on race night; Unattached £12 / £15 Series entry: attached £53; unattached £63; Closing date 27 April 2017 (Entries & cheque to Silson Joggers AC) – you can also enter the series online through Runners World					
Internet for latest information: <a href="http://www.emgp.org.uk">www.emgp.org.uk</a>					

**Please use the same race number throughout the series**

(There will be a £2.00 charge for replacement numbers)

**THE EAST MIDLANDS GRAND PRIX SERIES 2017**

NAME OF RACE YOU WISH TO ENTER			
SURNAME		FORENAME	SEX
AFFILIATED CLUB		AGE ON RACE DAY	
ENGLAND ATHLETICS No:			
ADDRESS		POSTCODE	
E MAIL ADDRESS		PHONE NO:	
FEE ENCLOSED (Add £2.00 for replacement number)		GRAND PRIX NUMBER (if you have one)	
I hereby declare that I am an amateur according to UKA rules. I am medically fit to run & understand that I enter at my own risk and that the organisers will not in any way be held responsible for any injury incurred during or as result of the event or for any property lost on the course or in the changing rooms. <input type="checkbox"/> I do not want organising clubs to pass my details on to the event sponsors & race organisers.			
SIGNED (Parent / Guardian if under 18)		DATED	PLEASE SEND SAE FOR RACE DETAILS. <b>NUMBERS MUST BE COLLECTED ON THE NIGHT</b>

PLEASE RETURN ENTRIES TO THE RESPECTIVE CLUB NOT TO THE RUNNING SHOP

## EMGP SERIES 2017 RULES

All races are run under UK Athletics Rules

THE WEARING OF PERSONAL AUDIO EQUIPMENT IS NOT PERMITTED IN ANY RACE. YOU RUN THE RISK OF DISQUALIFICATION

ALL RUNNERS TO COMPLETE THE DETAILS ON THE REVERSE OF THE NUMBER FOR YOUR OWN PROTECTION

NUMBERS TO BE WORN ON THE FRONT OF THE VEST

FOLLOW THE INSTRUCTIONS OF THE MARSHALS AT ALL TIMES

ENTRANT SAFETY – whilst all clubs encourage runners of all abilities, entrants should be capable of running at 12 minutes per mile or quicker. If unable to so do their safety will be their own responsibility

WHEELCHAIRS / HANDCYCLES – Silverstone 10k is the only race that is suitable for Wheelchair / Handcycle athletes

PRIZES – The Grand Prix is based upon the five (four for Juniors) best performances in the EMGP Series 2016. Subject to the number of entrants prizes will be awarded in the following categories: F20, FS, F35, F40, F45, F50, F55, F60, M20, MS, M40, M45, M50, M55, M60 & M65. The age is taken as at the date of the first race in the Series (Silverstone 10k). Individual races may offer different prizes for different categories.

