

36th EAST MIDLANDS GRAND PRIX SERIES 2019

www.emgp.org.uk

WELCOMEBREAK

Entry Form for Individual Races

Fri 17/05 7:45 pm Entry via Run Britain available until 14/05/19	EMGP BLISWORTH 5 Mile Simon Mitchell Cedar House, Main Street, Church Stowe Northampton NN7 4SG Cheques to: Wootton Road Runners	Wed 22/05 7:45pm Entry via Run Britain available until 18/05/19	EMGP RUGBY 6 Mile The Race Secretary PO Box 66, Rugby, Warwickshire CV22 5PR Cheques to: Rugby & Northampton AC
Tues 04/06 7:45 pm Entry via Run Britain available until 26/05/19	EMGP BANBURY 5 Mile The Race Secretary 6 County View, Clifton, Banbury Oxon OX15 0PZ Cheques to: Banbury Harriers AC	Wed 12/06 7:45pm Entry via Run Britain available until 09/06/19	EMGP CORBY 5 Mile John McCrone, Cedar House Upper Laxton, Corby NN17 3AZ Cheques to: Corby Athletic Club CIC
Tues 18/06 7:45 pm Entry via Run Britain available until 11/06/19	EMGP WEEDON 10K Mrs J Keech 14 Ashmore, Long Buckby Northamptonshire NN6 7RT Cheques to: Human Energy AC	Tues 25/06 7:45 pm Entry via Run Britain available until 18/06/19	EMGP HARBOROUGH 5 miles David Ward 91A Fairfield Road, Market Harborough LE16 9QH Cheques to: Harborough AC
Tues 09/07 7:45 pm Entry via Run Britain available until 07/07/19	EMGP MILTON KEYNES 10K Dr Mick Bromilow 7 Phoebe Lane, Wavendon, Milton Keynes MK17 8LR Cheques to: MKA	Wed 04/09 6:30pm Entry via Run Britain available until 02/09/19	EMGP SILVERSTONE 10K John Fowler 10a High Street, Silverstone Towcester NN12 8US Cheques to: Silson AC

ALL RACES ARE RUN UNDER UK ATHLETICS RULES – SEE REVERSE FOR INFORMATION

	Attached	Unattached
Race Entry Fee Except Silverstone	Advance £8 Race Night £11	Advance £10 Race Night £13
EMGP Silverstone 10K Wednesday 4 th Sept - Chip Timing <small>Scores in this race do not contribute to the Series</small>	Advance £11 Race Night £14	Advance £13 Race Night £16

WHICH EMGP RACE ARE YOU ENTERING? Return entry to the respective club See address details above			
SURNAME		FORENAME	SEX
FIRST CLAIM AFFILIATED CLUB		AGE ON RACE DAY	
ENGLAND ATHLETICS NUMBER			
ADDRESS			
EMAIL & TELEPHONE Please write your email very clearly			
FEE ENCLOSED <small>Add £2.00 for replacement number</small>		GRAND PRIX NUMBER <small>If you have one already</small>	

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.

"You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category."

SIGNED Parent/Guardian if under 18		DATED		PLEASE SEND SAE FOR RACE DETAILS NUMBERS MUST BE COLLECTED ON THE NIGHT
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EMGP SERIES 2019

EMGP Silverstone 10K

Due to circumstances beyond our control, the EMGP Silverstone 10K has had to move from its traditional place as the race that commences the EMGP Series for the year.

This year's race will take place on **Wednesday 4th September 2019 at 6.30pm**. The earlier start time of 6.30pm is required to ensure that the race takes place in daylight hours.

If you enter the EMGP Series or any individual EMGP Race you will be issued with an EMGP Series number as usual to wear for any of the first seven races. For those who have entered the Series or choose to enter Silverstone as an individual race (in advance or on the night) you will then be issued with a new number to wear for Silverstone which will include your chip timing device. This will be collectable on the night – Wednesday 4th September 2019. Runners who don't take part in the EMGP Silverstone 10K with a new number unfortunately won't be in a position to receive an official time for this event.

EMGP Race Participation

All races are run under UK Athletics Rules – Runners must declare their first claim affiliated club only

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 do so their safety will be their own responsibility

WHEELCHAIRS/HANDCYCLES – EMGP Silverstone 10K is the only race that is suitable for wheelchair or handcycle athletes

EMGP Series Prizes

The East Midlands Grand Prix is based upon the **5 (4 for Juniors)** best performances in the **7** scoring races within the EMGP Series 2019 (Blisworth, Rugby, Banbury, Corby, Weedon, Harborough & Milton Keynes). Subject to the number of entrants prizes will be awarded in the following categories:

Female - F20, FS, F35, F40, F45, F50, F55, F60,

Male - M20, MS, M40, M45, M50, M55, M60 & M65.

The age is taken as at the date of the first race in the Series (EMGP Blisworth 5 Mile).

Prizes will be awarded at the EMGP Milton Keynes 10K as usual on Tuesday 9th July 2019

Individual races may offer different prizes for different categories.

Our East Midlands Grand Prix Series 2019 Sponsor

The logo for Welcome Break, featuring the word "WELCOME" in green and "BREAK" in white, both in a bold, sans-serif font, set against a black rectangular background.

Our mission is to be famous for giving people on the move what they want, when they want it, in a passionate and profitable way.

Founded in 1959, we are the UK's 2nd biggest independent motorway service operator. We have 27 sites, 38 sides across the UK, with our Head Office at Newport Pagnell and attract 85 million motorway customers annually.

www.welcomebreak.co.uk