

# 10k The Dorney DASH

**Datchet DASHERS**

SUPPORTED BY

**POWERADE**  
ISOTONIC SPORTS DRINK

**APEX SPORTS**

In association with  supporting people with spinal injury

## VERY FLAT & FAST 10 Kilometre Road Race

Ideal for beginners or for beating your personal best!

TRAFFIC FREE – START-TO-FINISH CHIP TIMING – PACEMAKERS – CERTIFIED COURSE

### SATURDAY 8<sup>th</sup> MAY 2010 - 10.00AM START

Eton College Rowing Centre, Dorney Lake, Dorney, SL4 6QP (nr Maidenhead, Sough & Windsor)

For more information and general race enquiries please visit [www.datchetdashers.com](http://www.datchetdashers.com)

Prizes for first 3 men, first 3 ladies, veteran categories, team prizes (first 3 to count), plus medal to all finishers

**APEX SPORTS BONUSES:** £150 for a winning man setting a new course record (under 31:55)  
£150 for a winning lady setting a new course record (under 35:04)

Entry fee: £13.00 affiliated club members / £15.00 unattached

**NO ENTRIES ON THE DAY**

**ENTER EARLY TO AVOID DISAPPOINTMENT!**

**Online Entry:** with no surcharge via [www.datchetdashers.com](http://www.datchetdashers.com), or with surcharge via [www.runnersworld.co.uk](http://www.runnersworld.co.uk)  
**Postal Entry:** Complete this form and send with a cheque payable to 'The Datchet Dashers' to:  
*The Dorney Dash, c/o Sport Systems, Regency House, 61 Walton Street, Walton-on-the-Hill, Tadworth, Surrey. KT20 7RZ.*  
**Entry Enquiries:** [DorneyDash@sportssystem.co.uk](mailto:DorneyDash@sportssystem.co.uk) - Closing Date for postal entries: 3<sup>rd</sup> May 2010.

ARC Permit: TBC

Certificate of Accuracy: 05/067r

✂ - - - - - PLEASE PRINT CLEARLY IN BLOCK CAPITALS

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Male  Female

Club \_\_\_\_\_ DOB | | | | | | | |

Email \_\_\_\_\_ Estimated finishing time (mins) | | | |

Are you entering via Aspire? Y / N

**Data Protection:** No information on this form will be passed on to a third party. Your Email address may be used to contact you about The Dash or future events organised by the Datchet Dashers. If you do not want us to contact you please cross this box.

Please accept my entry for The Dorney Dash 10k. I declare that I will abide by ARC rules and that I am medically fit to run and understand that I take part entirely at my own risk and that the organisers shall not be held responsible for any illness, injury, loss or damage to my person or property as a consequence of my participation in this event. Applicants must be at least 15 years of age. No dogs or following cycles are allowed. The course is unsuitable for wheelchairs.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Official use only