

The Garden City 10

www.gardencityrunners.org.uk

The Garden City 10, now in its twenty-seventh year, continues to be the premier 10 mile event in the area. This year we are delighted to be hosting the Herts County Senior Championships and Road Runners Club 10 mile championships.

The course is very safe and well marshalled. We welcome all levels of competitor, whether top class athlete, club runner or jogger. Family and friends who come along can see the race pass at three different points by walking just a few hundred yards.

Garden City Runners

GCR is one of the most successful road and cross country running clubs in Hertfordshire. We welcome all standards of runner from international to the slow shuffler and our membership ranges from people in their late teens to those pushing 80. We have been particularly successful in encouraging beginners and seeing them progress in the sport. We have built up a reputation of being a very friendly and social club. Please visit our website www.gardencityrunners.org.uk for more information.



Keech Hospice Care

Helping local families through the toughest of times

Keech Hospice Care provides vital support for children with life-limiting conditions across Hertfordshire, Bedfordshire and Milton Keynes.

Some of these children will die when they are very young while others have conditions where their health deteriorates over a number of years. In most cases, the parents have to cope with their round-the-clock care, whilst facing a future where their child will probably die before they do.

Through its children's hospice and a community nursing team, Keech focuses on helping these families to enjoy the best quality of life in whatever time they have together. While helping each child to cope with the symptoms and emotional consequences of their condition, Keech also supports family and friends throughout the child's illness and in their bereavement.

With thanks for continuing support from:



All of this care is offered completely free of charge to the families who need it.

Fact file

- Keech cares for around 200 families each year, 74 of which are currently living in Hertfordshire.
- Keech continues to support families for as long as they need after the death of a child. 47 Hertfordshire families are currently receiving bereavement care.
- The hospice is open 24 hours a day, 7 days a week, 365 days a year.
- A team of 6 nurses and support workers help families at home across Hertfordshire.
- It costs £656 per day to care for a child at Keech and £200 to visit them at home.
- With little funding from NHS, the charity has to raise 75% of its funds from the local community.

Keech needs your support

To find out more about the charity's work and how you can help visit www.keech.org.uk or call the fundraising team on 01582 707940.

Support from Roche in the UK

For the third year running Roche is pleased to be the main sponsor of the GC10 event. Roche Welwyn employees nominated the Keech Hospice Care for Children as Roche's 'Charity of the Year' for 2010 and will raise money throughout the year with employee supported events.

Roche aims to improve people's health and quality of life with innovative products and services for the early detection, prevention, diagnosis and treatment of disease.

Part of one of the world's leading healthcare groups, Roche in the UK employs nearly 2,000 people in pharmaceuticals and diagnostics.

Globally Roche is the leader in diagnostics, and a major supplier of medicines for the treatment of cancer, transplantation, virology, bone and rheumatology and renal anaemia.

Find out more at: www.rocheuk.com
Roche Products Ltd, Hexagon Place, 6 Falcon Way,
Welwyn Garden City, Hertfordshire, AL7 1TW
Tel: 01707 366000

FAST FEET SPORTS



The Garden City 10

(a ten mile road race organised by Garden City Runners) in aid of Keech Hospice Care for Children



Sunday 5th September 2010

Start: 10.30am

at Sir Frederic Osborn School, Hems Lane,
Welwyn Garden City, Herts, AL7 2AF

Incorporating the Hertfordshire County 10 mile Senior championships, and Road Runners Club 10 mile championships

- Electronic chip timing
- Extensive prize list
- Medals to all finishers
- Goody bags
- Spot prizes

Use the entry form in this leaflet or enter online at: www.sportssystem.net/gardencity10

Enquiries: Phone 07769713700 or 01438 832651

Email: gc10@gardencityrunners.org.uk



Under ARC Rules



Founded 1982



ARC Permit No. 10/113

Supporting Events

2 Mile Fun Run

Start on the road to improved fitness and help raise much needed funds for Keech Hospice Care for Children by entering this NEW EVENT.

It's a non-competitive FUN RUN for adults. See inside for entry details

Childrens 1K Fun Run

For under 16s.
Entry on the day only £1



Race HQ: Sir Frederic Osborn School

- Facilities:** ● Ample changing, showers & toilets ● Refreshments
● Easy Car Parking ● Trade Stalls/Exhibits ● Computerised Results

The Garden City 10

- Course:**
- Fast 10 mile course with mile markers
 - Drinks stations
 - Well Marshalled by Club, with 'Raynet Radio Link' assistance
 - Medical Support from St John Ambulance
 - Excellent spectator facilities with viewing points, close to the start and finish
 - Race has a time limit of 2 hours - finishers will not be recorded after 12.30 pm
 - Entry limit 750

Trophies: 1st man/1st woman
1st man 40+, 50+, 60+, 70+
1st woman 35+, 45+, 55+, 65+
1st local athlete
1st men's team / 1st women's team

Prizes: 1st five men/women
1st 3 men 40+
1st man 50+, 60+, 70+
1st 3 women 35+
1st woman 45+, 55+, 65+

Prize giving at 12.45pm. Under race rules only one prize and trophy may be awarded to an individual

2 Mile Fun Run

New event with a flat course. Well signed and marshalled.

Commemorative award to all finishers.

Entry fee £10. Minimum age 16 years.

Please use the **seperate entry form** which can be downloaded from www.gardencityrunners.org.uk

Or request by phone: 01707 375633

by email: peterharvey1@btinternet.com



✂ Tear here

Garden City 10 Entry Form

(Capitals PLEASE)

Surname _____ Forename _____

Address _____

Postcode _____

Tel No _____ Email _____

Male/Female (Please tick) M F

Date of Birth (dd/mm/yy) _____ Age on race day _____

NB. Entrants for Garden City 10 must be at least 17 years old on race day.

Club Name _____ Tick if ARC/UKA Affiliated

Tick box if you wish to enter the Herts Senior Championships

Tick box if you wish to enter the Road Runners Club Championships

RRC Number _____

Entry Fees:

| | | Over 60 |
|--------------|--------|---------|
| ARC/UKA Club | £12.00 | £10.00 |
| Unattached | £14.00 | £12.00 |

All entries on the day £3 extra.

Closing date for receipt of postal entries 31st August 2010.

I understand that, to the extent permitted by the Unfair Contract Terms Act 1977, the organisers will not be liable for any loss, damage, illness directly or indirectly caused by or resulting from participation in the race or the physical condition of any competitor.

I enclose £12.00/£14.00/£10.00/£12.00 (delete as appropriate)

(Cheques payable to 'Garden City Ten')

Office Use only

Signed _____ Date _____

Please send to Garden City 10: c/o Sports Systems, Regency House,
61 Walton Street, Tadworth, KT20 7RZ

Send this form or enter online at www.sportsystems.net/gardencity10