



THE SOUTHPORT MAD DOG 10K RUN SUNDAY 12th FEB 2012

UKA Affiliation Number 2662979 UKA Race Licence Number 2012-102743

Incredible Value... A fantastic run featuring...

OFFICIAL CHIP TIMING* for all entrants (by CHAMP-CHIP),
A MAD DOG 2 **MEDAL** AND A Fantastic **GOODY BAG**,
Plus (NEW for 2012) A TECHNICAL RUNNING **T-SHIRT*** (RRP £20)
Fantastic **SPOT PRIZES** for 1 in 10 runners, **WINNERS PRIZES**
1st 2nd 3rd Male & Female plus VET Category Prizes

FREE Pre & Post Race Massage, **FREE** Fresh Fruit, Showers & Changing Facilities

*NOT available for the Crazy Pups Race

RACE STARTS 10.30AM SUNDAY 12TH FEB 2012

Start & Finish at Stanley High School, Southport

Entries in advance: **£19.00 NON Club Runners** - **£17.00 Club Runners** (affiliated)



Also **CRAZY PUPS RACE
FUN RUN** for under 16's
Entry fees: £5 in advance
£6 on the day (Includes Goody Bag & medal)
Crazy Pups Race **Starts 10am**
Maximum Entrants - 200

Enter by Post (form overleaf)
or Enter Online at:
www.maddog10k.co.uk

Full details on the website

Officially UKA Measured course

ALL PROCEEDS FROM THIS RACE GO TO LOCAL CHARITIES...

ALL ENTRIES WELCOME... WHATEVER YOUR ABILITY!



ROUNDTABLE
SOUTHPORT HESKETH 1199



February 2011 - MAD DOG 10k
RATED 97% BY RUNNERS ON:
RUNNER'S WORLD
.CO.UK



Heaton's
Complete Office Solutions

HIGHS
ADVANCED SPORTS NUTRITION

Visiter
Southport
.co.uk

**ORIGINAL
SOURCE**

**UDDERLY
SMOOTH**

HSBC
Global Asset Management



The co-operative

EAT NATURAL
Simple... isn't it?

**NATIONWIDE
PRODUCE PLC**

maxinutrition

Ricola

GES G. COLLIER & SONS LTD
Electrical Contractors & Service Engineers

B
Benson & Clark
vending services
Trusted to deliver excellence.

INTERNATIONAL PRODUCE MARKETING

LO SALT

Sorensen
FINANCIAL SERVICES
Independent Financial Advice

RUN-IT
www.run-it.co.uk

TESCO

Jointace

Benson & Clark
vending services
Trusted to deliver excellence.

Schroders

P.BRADSHAW
ELECTRICAL & IT SUPPORT



SOUTHPORT MAD DOG 10K ENTRY FORM

RACE STARTS 10.30AM SUNDAY 12TH FEB 2012

Entries in advance: **£19.00 NON Club Runners** - **£17.00 Club Runners** (affiliated)

TICK BOX for entry into the 10k (NON Club Runner): 10k (Club Runner): Crazy Pups Fun Run:

YOU CAN ALSO APPLY ONLINE AT:
www.maddog10k.co.uk

CLOSING DATE FOR POSTAL & ONLINE ENTRIES:
January 25th 2012 Maximum Entrants - 1200

PLEASE USE BLOCK CAPITALS

Dr: Mr: Mrs: Miss: Surname: First Name:

Date of Birth: / / Age on Race Day: Gender - Male: Female:

Address:

Postcode:

E-Mail:

Running Club: (if applicable) Mobile Number:

Preferred **UNISEX** T-Shirt* Size:

S: M: L: XL:

NOTE: Shirts **STRICTLY** SUBJECT TO AVAILABILITY we will try to supply your chosen size - THIS IS NOT A COTTON SHIRT IT IS A TECHNICAL RUNNING SHIRT

NOTE: We **MUST** have your MOBILE NUMBER if you want your finishing time texting to you on the day **AND** if you want to enter the spot prize competition - IMPORTANT: we will not pass your mobile number on to anybody else

I enclose a cheque payable to "SHRT MAD DOG" to the value of: **£**

£19.00 for NON Club Runners
£17.00 for Club Runners (affiliated)
£5.00 for Crazy Pups Runners

DECLARATION: A signed entry form will be considered as an acceptance of governing body rules and a declaration that you will compete on foot and run entirely at your own risk. **NOTE:** No accompanying dogs or following cycles allowed. **AGE LIMITS:** Competitors must be 16 or over to run. **NOTE:** Entry fees are non-refundable. I declare that I am an amateur by UKA laws and that I am fit to run. I do not hold the race organiser responsible for any injury or loss. I confirm that I have read the full terms & conditions of entry on the web site - www.maddog10k.co.uk

Signed:

Name of parent/guardian:

(if entry for Crazy Pups runner under 16)

NOTE: Signature MUST be of parent/guardian of Crazy Pups entrant(s).

Date: / /

IMPORTANT NOTES: Do you have any additional information that may be of interest to the race commentator? If yes, please tick here: and list on a separate sheet. If you have a medical condition or impairment that you wish to advise the race organisers of, tick here: and list in detail on a separate sheet. **DATA PROTECTION:** If you do not wish any details to be passed on to a third party, including other event related organisations such as the race photographer, tick here:

REMEMBER - SEND YOUR COMPLETED FORM DIRECT TO:
Race Director, Mad Dog 10k, Premier Wealth Management,
Premier House, Wight Moss Way, Southport, PR8 4HQ

*NOT available for the Crazy Pups Race