

Present the fourth annual...

DERWENT RIVER RELAYS

(4 x 3.2 miles)

(UK Athletics License applied for)

and FUN RUNS

(1/2 mile, 1 mile or 1 1/2 miles)

on

Saturday 17th July 2010 at 2-30pm

(Fun Run 1-30pm)

at

The Belper Rugby Club

(The home of the 'Rugby Rover' 30K race)

Supported by England Athletics & UK Athletics; with facilities kindly provided by The Belper Rugby Union FC, and sponsorship from the Midlands Co-operative Society.

Entries are welcomed from local community and corporate teams as well as affiliated running club teams

Come along and enjoy this multi-terrain 4-stage relay race along footpaths by Derbyshire's beautiful River Derwent - complemented by scenic views of the surrounding countryside and Belper's historic East Mill. It's great for spectators too - with the start, finish and relay handovers all taking place on the Rugby Club grounds in front of the clubhouse balcony viewing area.

Awards up to a total value of over £200 for...**

First and Second Men's Teams

First and Second Ladies' Teams

First Mixed Team

First Veteran Men's Team (40+)

First Veteran Ladies' Team (35+)

First Corporate or Community Men's Team

First Corporate or Community Ladies' Team

First Corporate or Community Mixed Team

and also...

Prizes for the fastest male and fastest female lap of the day, and for any individual or team beating the previous course records.

NEW: ADDITIONAL PRIZES FOR 2010 - for the fastest male and female laps by non-running club competitors

Facilities available: Ample free parking; Changing facilities; Showers; Hot and cold food; Soft drinks; Licensed bar; Music; Race commentary; Postal & e-mail results service.

Plus a new attraction for 2010...
the
Midlands Co-operative
'Penalty Shoot-out Challenge'

Entry Fees: £16 per team of 4 (EA/UKA affiliated athletes) + £2 levy for each unattached runner aged 18 years or over. (Unattached runners are those who are not registered members of UKA affiliated athletics or running clubs)
Fun Run: £2 per runner - in advance or on the day.

Closing date for postal entries: 14th July 2010. (See entry form for full details). Entries on the day will be subject to an additional £2 fee per team.