



# The New Amersham 5

20<sup>th</sup> September 2009 at 11.15 am

A CROSS-COUNTRY RACE OF 5.4 MILES - STARTING AND FINISHING AT SPECTACULAR SETTING OF AMERSHAM CRICKET CLUB - SHARDELOES

(see over for history of Amersham 5)  
Held under UK Athletics Rules

- **Tee-shirt to all pre entered finishers**
- Prizes for 1<sup>st</sup> 3 men - 1<sup>st</sup> U/20, V/40, V/50 – 1st 3 Women -1<sup>st</sup> U/20, V/35, V/45
- Team Prizes Athletics Club – Men’s Team (4 to score) - Women Team (3 to score)
- **Fun Team- representing your school, pub, club, business, sport association or just family and friends (4 to score)**

Entry Fee of £10.00 (£8.00 UKA attached) Cheques payable to Chiltern Harriers AC  
 Entries to: Amersham 5 35 Greenway, Chesham, Bucks HP5 2BX  
 Entries **allowed** on the day but no Tee-shirt All entrants are eligible for prizes

**Plus 2 Races for all the family**

- 10.30am 4km Fun Run – Entry £1 on the day – certificate to all finishers
- 12.15pm 1 Mile Family Run – Free entry – certificate to all finishers

**ENTRY FORM FOR AMERSHAM 5**

Surname \_\_\_\_\_ Forename \_\_\_\_\_ Male/Female \_\_\_\_\_

Address \_\_\_\_\_ Telephone \_\_\_\_\_

\_\_\_\_\_ Date of Birth \_\_\_\_\_

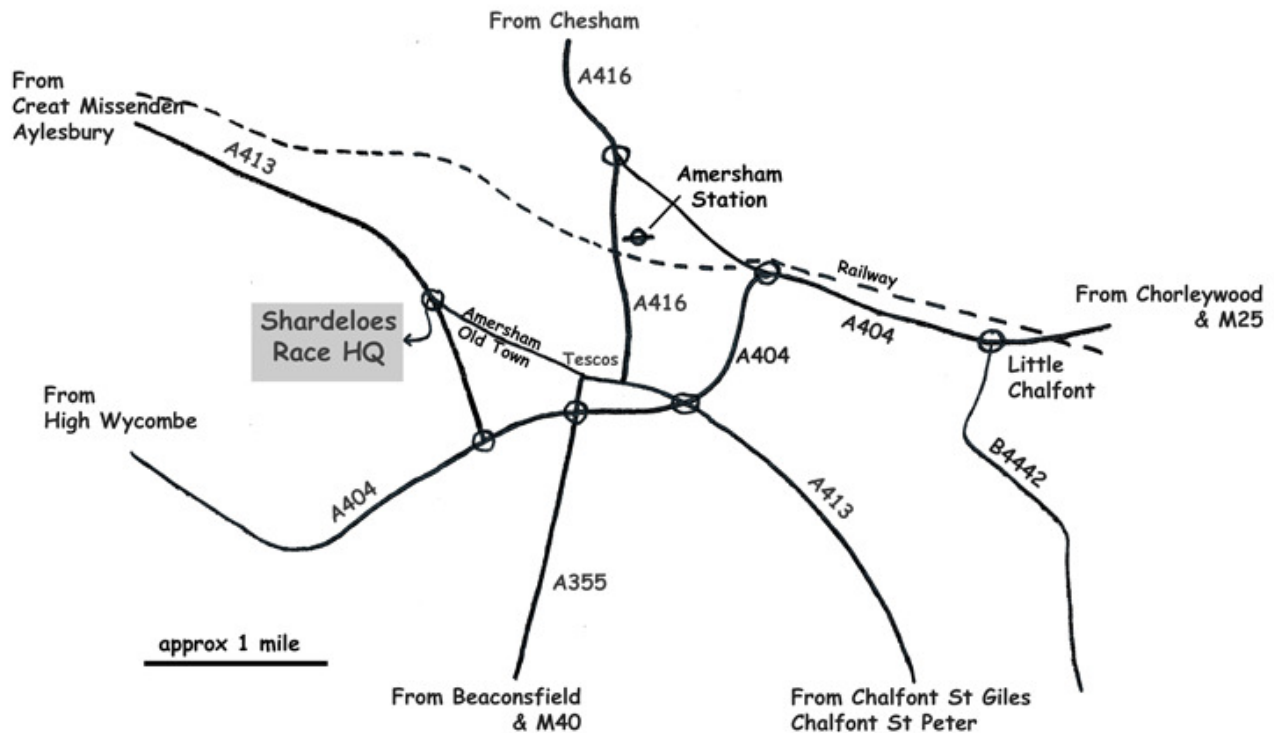
Affiliated Club/Team Name \_\_\_\_\_ Age on Day of Race \_\_\_\_\_ (min16 years)

I declare that I am medically fit to run and accept that the organisers and officials shall in no circumstances be under any liability for any injury, loss or damage sustained in connection with the Amersham 5 or any other associated event. I am an amateur as defined by UK Athletics Rules.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**. Please enclose a 9” x 6” SAE. for number and full race details.**  
 (These will be sent out at the beginning of September)  
**Postal entries close 12<sup>th</sup> September**

**Race H Q is at the cricket ground  
Amersham Cricket Club Shardeloes Missenden Road  
AMERSHAM HP7 0RL**



### Amersham 5 History

The first Amersham 5 race was held in 1978 based at Hervines Park Amersham, this being the time of the running boom. It has been run every year since.

When the Sunday trading laws changed in 1998 the main roads became even busier. The original route used part of the A413, the dual-carriageway going back into Amersham. The famous Rectory Hill was removed from the course, along with the part on the dual-carriageway, climbing instead up farm land and emerging at the top of the hill to rejoin the old course, with the finish still in Hervines Park

The new setting of Amersham Cricket Club at Shardeloes was first used in 2008, to many acclaims from runners for the course and the spectacular setting. Access to part of the course is with the kind permission of Shardeloes Farm. Note that part of the course is private land - no access other than on race day please.