

CHILTERN HARRIERS A.C.

(www.chiltern-harriers.org.uk)

UK:A Permit Number
20090336

Sponsored by
FOX'S OF AMERSHAM

PEDNOR 5

Monday 4th May 2009 (Bank Holiday) at 7.00 pm

Held under UK Athletics Rules

A 5 mile road race on undulating lanes through scenic Chiltern countryside
around Pednor, near Chesham, Buckinghamshire

- **Registration:** Between 6.00 – 6.45 p.m. at Chesham 1879 Lawn Tennis and Squash Club.
(Situated on Pednor Road, Chesham near the start / finish – see map overleaf)
- **Entry Fee:** £7.00 affiliated £9.00 non affiliated **Entry Limit:** 220
- **Prizes for:** Male: 1st, 2nd, & 3rd; 1st Vet 40-49; 1st Vet 50+; 1st under 20 (on day of race).
Female: 1st, 2nd, & 3rd; 1st Vet 35-44; 1st Vet 45+; 1st under 20 (on day of race).
First Men's Team (four to score) First Women's Team (three to score)
- **Course Records:** Alaster Stewart (Belgrave Harriers) 25:25 2002
Andrea Whitcombe (Parkside) 27:09 1998
- Fox's voucher for setting new course records (£50.00 for men - £50.00 for women)
- **Entries to:**
Doug Smith, 12 Wren Road Prestwood Great Missenden Bucks HP16 0NN
Collect race number at registration point on the night. Enquires to: Martin.jones513@ntlworld.com
- **Note:** Entries for all events (walk, run & challenge) will be allowed on the day at an additional charge of **£2.00** (affiliated and non affiliated) provided the entry limit of the event is not reached.

ENTER THE PEDNOR CHALLENGE

PEDNOR 5 WALK (over same course) TO BE HELD ON SAME EVENING – START TIME 5.00 P.M.

Entry Fee for the Pednor Challenge (Walk and Run) £10.00 affiliated £12.00 non affiliated

Prize for the best combined times for Walk and Run

✂-----

Surname: _____ First Name: _____ M/F _____

Age & DOB on Day: _____ Club: _____ UKA Club No: _____
(mandatory field)

Address: _____

Tel No: _____ Tel No (for emergency contact) _____

I wish to enter for (please tick as appropriate):

The Pednor 5 Run:

The Pednor Challenge:

I enclose a cheque for £_____ payable to Chiltern Harriers A.C.

I declare that I am medically fit to run and I 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 Pednor 5 events.

I am an amateur as defined by the UK Athletics Rules.

Signed: _____

Date: _____

Note
Please do not park
in the Tennis Club
or near the Start in
Pednor Road

