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PEDNOR 5

Monday 3rd May 2010 (Bank Holiday) at 7.00 pm

Held under UK Athletics Rules – Permit applied for

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

- **Race HQ:** Chesham 1879 Lawn Tennis and Squash Club, HP5 2JU
- **Entry Fees:** £8.00 affiliated £10.00 unaffiliated **Entry Limit:** 240
On-the-day entries will be allowed subject to the entry limit not being exceeded and at an additional cost of £2.00
- **Prizes:**

Male: 1 st , 2 nd , 3 rd	1 st Vet 40-49	1 st Vet 50+	1 st under 20 (on race day)
Female: 1 st , 2 nd , 3 rd	1 st Vet 35-44	1 st Vet 45+;	1 st under 20 (on race day)
First Men's Team (4 to score)		First Women's Team (3 to score)	

Fox's voucher for setting a new course record (£50.00 for men - £50.00 for women)

Course Records	Alaster Stewart (Belgrave Harriers)	25:25	2002
	Andrea Whitcombe (Parkside)	27:09	1998

- **Entries to:** Doug Smith, 12 Wren Road, Prestwood, Bucks. HP16 0SB
Enquiries to: douglas@dougsmith.freeserve.co.uk
Race numbers can be collected at Registration on race day between 6:00 and 6:45pm. Entries with an SAE will receive numbers and further event information by return of post.
Or enter on-line at www.runnersworld.co.uk (subject to a £1.50 surcharge)
Entrants must be 15 years of age or older on the day of the race.

The PEDNOR CHALLENGE: Walk + Run (same course)

The Pednor 5 Walk will be held on the same evening, starting at 5:00pm. There are prizes for the lowest combined time for the Walk and Run – the Pednor Challenge. Use this form to enter the Challenge or see www.chiltern-harriers.org.uk for a separate Walk entry form.

Pednor Challenge entry fee: £10.00 affiliated £12.00 unaffiliated

✂----- ENTRY FORM: Please use BLOCK CAPITALS for clarity -----

Surname: First Name: Gender:
(Please indicate with 'M' or 'F')

Age (on race day): Date of Birth:

Club/Team: England Athletics no.

Address:

..... Tel no.

I wish to enter (please tick as appropriate): The Pednor 5 Run: The Pednor Challenge:

I enclose a cheque for £..... payable to Chiltern Harriers AC

I declare that I will abide by UK Athletics rules of competition. I understand that I participate in these events at my own risk and that the organisers and officials will not be responsible for any injury, loss or damage sustained by me.

Signed: Date:
(Parent or guardian if under 18 years of age)

