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# 25th PEDNOR 5

## Incorporating the Buckinghamshire AA Championships

Monday 2nd May 2011 (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 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	1 <sup>st</sup> Vet 40-49	1 <sup>st</sup> Vet 50+	1 <sup>st</sup> under 20 (on race day)
Female: 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	1 <sup>st</sup> Vet 35-44	1 <sup>st</sup> Vet 45+;	1 <sup>st</sup> 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.freemove.co.uk)  
Cheques payable to 'Chiltern Harriers AC'

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](http://www.runnersworld.co.uk) (subject to a 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](http://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: .....

Address: .....

..... Tel no. ....

Email address: .....

Please tick boxes as appropriate: Pednor Challenge entry  Bucks AA Championship entry

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)

