

International Events

1st Pednor 10



A Charity 10 Mile
Road Race



Sunday 29th November 2009 at 10.00am

Held under UK Athletics Rules

Course

A 10 mile road race on undulating lanes through scenic Chiltern countryside around Pednor (2 x 5 mile laps), near Chesham, Buckinghamshire
Relay also available (1 Lap per Person)

Registration

The registration will be at the Chesham 1879 Lawn Tennis and Squash Club, Situated on Pednor Road, Chesham, HP5 2JU, between 9.00 – 9.45 a.m.
(Map available from the Chiltern Harriers Website).
Carparking in the Watermeadow carpark, just a short walk to the start/finish

Start/Finish

The start/finish will be in close proximity to the Race Headquarters and the race will start at 10.00am.

Entries

Entry Fee: £10.00 affiliated £12.00 non affiliated (Minimum Age on Day: 18)
£16 for Relay Teams

As this is Charity Race, entry is free if you donate £30 to Cancer Research or St Francis's Hospice.
Sponsorship forms are available from the website if you would like to obtain additional sponsors

Entry Limit: 150

Prizes

Age Group Prizes
Medals and goody bags to all finishers

Please complete attached entry form and return to:

Matt Kirby

15 Eunice Grove

Chesham

Bucks, HP5 1RL

Tel: 01494 791669 or 07836 709584

matt.kirby@btinternet.com

www.chiltern-harriers.org.uk

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Note: Entries 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.

Surname: _____ First Name: _____ M/F _____

Date of Birth: _____ Age on Race Day: _____

Club: _____ UKA Club No: _____
(mandatory field)

Address: _____

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

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

10 mile Road Race

10 mile Relay (2 x 5 mile laps) (Please fill in a separate form for each team member)

I enclose a cheque for £_____ payable to M J Kirby

I enclose a cheque for £_____ Payable to Cancer Research or The Hospice of St Francis

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 10 events.

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

Signed: _____ Date: _____

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Entries to:

Matt Kirby, 15 Eunice Grove, Chesham, Bucks HP5 1RL.

matt.kirby@btinternet.com or 01494 791699