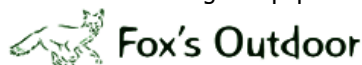




www.chiltern-harriers.org.uk

Fox's

of Amersham
Adventure Clothing & Equipment



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PEDNOR 5

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

Held under UK Athletics rules – Permit number 20090336

Road Race Information

Thank you for entering the Pednor 5 Road Race. We hope you enjoy the course, run along undulating country lanes through the scenic Chiltern countryside around Pednor.

Race HQ: This is at Chesham 1879 Lawn Tennis and Squash Club (see map) where you will find toilets, changing facilities and showers. Clothing and bags may be left at Race HQ during the race, at the owner's risk. **The Club Bar** will be open for drinks before (not recommended) and after the race (recommended). Lighter refreshments, sandwiches and cakes will also be on sale.

Race Numbers: These can be collected from the Registration Desk before the race. Numbers must be clearly visible on the front of your vest. Please complete the **Emergency Information** on the rear of the number.

Separate numbers are issued to Race Walkers. For those runners taking part in the Pednor Challenge (Walk + Run) please remember to change your number between events.

Car Parking: Please DO NOT PARK at the Tennis Club or in Pednor Road. The nearest municipal car park (Watermeadow – free on Bank Holiday Monday) is shown on the map and is a short walk from Race HQ.

The Start: This is in Pednor Road, near to the Tennis Club and is at 7:00 p.m.

The Course: The Course is unchanged from previous years and takes an anti-clockwise circular route on public roads. If traffic is encountered, runners should keep left unless instructed otherwise by a marshal.

The Finish: This is near the Start. Follow the cones on the right-hand side of the road and make sure your number is clearly visible to the recorders.

Water: Will be available after the finish, by the entrance to the Tennis Club.

Prizes: Will be presented at Race HQ as soon as possible after the race.

Individual Prizes: Will be awarded to the first 3 men and first 3 women, 1st junior man (U20), 1st junior woman, and 1st veterans (M40, M50, F35 and F45).
Runners may qualify for only one individual prize – veterans or juniors in the top 3 will be awarded a senior prize, the veteran or junior prize going to the next person in that category.
£50 in Fox's vouchers will be awarded for setting a new course record – under 25:25 for men and 27:09 for women.

Team Prizes: 1st male team (4 to score) and 1st female team (3 to score). Scores are based on finishing positions.

Results: Will be on our website (www.chiltern-harriers.org.uk) the next day.

NOTE:

On the day of the event the Tennis Club will be holding a competition during the afternoon.

It is expected that this event will be in the final stages at the time that runners are registering or collecting numbers. Please remember that we are guests at the club and the future success of the Pednor 5 event demands that we must maintain a good relationship with the tennis club.

