

South Bucks 10k Road Race

Sunday 2nd October 2011 at 9.30 am

£8.00 entry / £10.00 unattached runner. (Online entry link below)

Pre-entries close Monday 26th September. Note! Race limit 300.

Entries on the day available up to race limit - plus £4.00.

The race will be run on quiet South Buckinghamshire country lanes within the parishes of Fulmer and Wexham. The 10k course is accurately measured with UKA accreditation (**ARC licence 11/78**) and flat. It is likely to be fast with good PB potential.



We are pleased to introduce the following that have given support to the race -

Mars Ltd, Sweatshop, parkrun, South Bucks District Council and Black Park Country Park.

* **Race HQ / parking** at Black Park Country Park. Wexham, South Bucks. SL3 6DS.

Remember your entry fee includes free parking in the Park (currently £2.50).

* **Awards** for 1st, 2nd, 3rd Men and Women plus category awards to:-

Men 1st in categories JM-20 ; MV 40-49; MV 50-59; MV 60-69; MV 70+;

Women 1st in categories JW-20; WV 35-44; WV 45-54; WV 55-64; WV 65+;

All finishers receive a Race medal, £5.00 Sweatshop voucher, Mars bar refuel drink and an entry to a prize draw.

* **Online entries** preferred with **No Surcharge** at www.fabian4.co.uk.

* **Postal entries** on form below.

* **Facilities** - Cafés; toilets; play area; walks; bike hire; lake and "Go Ape" treetop adventure.

* **Information:** Race secretary, 01494 534972 or info@southbucks10k.org.uk.

* **Website:** www.southbucks10k.org.uk. Use this to check final details including race number.

**Race limit
300**



Postal Entry Form for South Bucks 10Km road race. 2 October 2011

PLEASE COMPLETE IN BLOCK CAPITALS. CLOSING DATE 26TH SEPTEMBER

Official Use
Race Number

Surname First Name

Address..... Male/Female.....

..... Age on Race Day(Minimum 16 years)

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

Post Code..... Affiliated Club

Email

I wish to enter the 10Km race and enclose fee for **£8.00 / £10.00 unattached. Add £4.00 for entry on the day.**

I declare that I will abide by ARC rules and that I am medically fit to run and understand that I take part entirely at my own risk and that the organisers shall not be held responsible for any illness, injury, loss or damage to my person or property as a consequence of my participation in this event. Applicants must be at least 16 years of age. The race is held on open roads. No dogs or following cycles are allowed. The course is unsuitable for wheelchairs.

Data Protection: No information on this form will be passed on to a third party. Your Email address may be used to contact you about future events organised by the South Bucks Running Group. If you do not want us to contact you please cross this box.

Signed Date

Send completed form and a cheque made payable to "South Bucks Running Group" to the
Entries Secretary. South Bucks 10k, 12 Blaxett Close, Staines, Middlesex, TW18 3NW