

PEDNOR 5

Monday 6 May 2019 (Bank Holiday) at 7.00 pm

Organised by



www.chiltern-harriers.org.uk

- Rules:** UKA Race Licence No. 2019-29968, Course measurement certificate 17-159, 06.02.19
- Course** 5 mile road race on undulating lanes through scenic Chiltern countryside, near Chesham.
- Race HQ:** 1879 Lawn Tennis and Squash Club, Pednor Road, Chesham, HP5 2JU.
- Facilities:** Refreshments, changing, toilets and showers.
- Entry Fees:** **£12.00** affiliated* **£14.00** unaffiliated Entry Limit: **275**
Closing date 04.05.2019 (on-line), 29.04.19 (postal). Minimum age 15 years

Enter: On-line: www.runbritain.com/races **PREFERRED - NO SURCHARGE**
By post to: Race Director, Staddlestones Barn, Pednor Road, Chesham, Bucks, HP5 2JU, Cheques payable to 'Chiltern Harriers AC,' Entries with a SAE will receive numbers and event information by post.

Late entry: Available on the day 6.00 to 6.45pm, £2.50 surcharge, subject to entry limit.

- Numbers:** Race numbers can be collected at Registration on race day between 6:00 and 6:45pm.
- Enquiries:** To Race Director, Tony Molesworth, tony@molesworth.me or 07785 501499.
- Prizes:** Male: 1st, 2nd, 3rd 1st Vet 40 1st Vet 50 1st Vet 60 1st U20 (on race day)
Female: 1st, 2nd, 3rd 1st Vet 35 1st Vet 45 1st Vet 55 1st U20 (on race day)
First Men's Team (4 to score) First Women's Team (3 to score)
£50 voucher for setting new course records (men: 25.25, women: 27.09)

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 & for a separate Walk entry form see www.chiltern-harriers.org.uk. Entry fee: **£15.00** affiliated, **£17.00** unaffiliated

✂----- ENTRY FORM: PLEASE PRINT DETAILS CAREFULLY -----

Surname: Forename: Male: Female:

Age (on race day): Date of Birth: Club/Team:

Address:

Town: Postcode: Tel no.:

Email address: England Athletics registration no.:

*Entries without a registration number must pay the unaffiliated fee or will not be accepted

Tick box if entering:

Pednor Challenge

Herts Senior 5 mile

Bucks short road

road race championship

race championship

I declare that I will abide by the rules of UK Athletics rules and of the Event. I understand that I participate in these events at my own risk and that the organisers and officials will not be responsible for any accident injury, loss or damage sustained by me prior to, during or after the event. I will not pass my race number to another runner without the express permission of the Organiser. I agree that my personal details can be used only to contact me in relation to activities organised by Chiltern Harriers AC and will not be passed to any third party, that audio device headphones must not be used, and dogs are not permitted in the race. In the event of the Races being cancelled for reasons outside Chiltern Harriers AC control, entry fees will not be refunded. All starters must complete the course in under 60 minutes.

Signed: **Date:** **Race no.** (office use only).....
(Parent or guardian if under 18 years of age)