



Bearbrook 10km Road Race

Permit applied for

Supported by

UP & RUNNING

Aylesbury

Sunday, August 14th 2011 9.30am

**Aylesbury Rugby Football Club, Weston Turville,
Aylesbury, Bucks. HP22 5RN**

- ★ Aylesbury's greatest road race!
- ★ Twelfth year of this fast, fairly flat 10 kilometre course commencing and finishing at Aylesbury Rugby Football Club, Weston Turville.
- ★ The course is clearly marked at every kilometre point and is well marshalled.
- ★ Parking facilities.
- ★ Changing rooms.
- ★ Refreshments available for purchase.
- ★ Race number and map will be posted to you on receipt of your entry.
- ★ Minimum age for race entrants is 15.

Prizes:

1st, 2nd and 3rd male, 1st, 2nd and 3rd female
Male categories: Vet 40, Vet 50, Vet 60
Female categories: Vet 35, Vet 45, Vet 55
1st Male team (4 to enter, 4 to count)
1st Female team (4 to enter, 4 to count)

Course Record:

Male: Anuradha Cooray 31:43
Female: Susie Hignett 34:24 (New CR)

Memento to all finishers

Entries: Please enclose:

1. Completed and signed entry form below.
2. Cheque for £9.00 (£11.00 unaffiliated) made payable to "Bearbrook Running Club"
3. Stamped addressed 9" x 6" envelope (essential for reply)
4. Send to: 38 New Meadow, Aylesbury, Bucks. HP21 7AW (Tel: 01296 481385 for details)
(www.bearbrookrunningclub.co.uk)

NB: Closing date is 9th August 2011. Late entries (£2.00 extra) accepted on the day subject to 550 limit.
 No refunds - ENTER EARLY TO AVOID DISAPPOINTMENT!

ENTER ONLINE AT
RUNNER'S WORLD
WWW.RUNNERSWORLD.CO.UK/ENTRY

Entry Form for the Bearbrook Running Club 10km Road Race 2011

Surname: First Name:

Date of Birth: / / Age on day of race: Sex: M/F Vet? Estimated Time:

Address:

..... Postcode:

Telephone: Affiliated Club:

England Athletics Reg. No: Email Address:

Applicants must be at least 15 years of age. Please enter me in the Bearbrook RC 10km Road Race 2011.
 I am medically fit to run, and I understand that the organisers are not liable for any injury, illness or damage
 howsoever caused during or as a result of the event. I understand that the race is held under UK Athletics rules.

Signed:

Date: