



BECKENHAM RUNNING CLUB

10K ROAD RACE

SUNDAY, 7th June 2009, 10.00 a.m.

EA Licence Number. : TBA

An undulating course of just under two laps, starting near our HQ and finishing in Beckenham Place Park, about 10 minutes' walk back through the park to HQ at **Beckenham Cricket Club in Foxgrove Road, BR3 5AS** and are conveniently located for good public transport links, with Beckenham Junction & New Beckenham stations, tram stop and 54 bus all close by.

- R.R.C. measured course;
- Parking at race HQ and surrounding residential roads;
- Changing facilities and toilets at race HQ;
- Drinks stations;
- Refreshments available at race HQ;
- Memento to all finishers;
- Trophies in following categories:- 1st, 2nd, 3rd man and lady. 1st Vet O/40, O/50, O/60, 1st Lady Vet O/35, O/45, O/55 and 1st Men's Team, 1st Ladies Team (three to qualify).

Course records, Male 31.04, set in 1999 by G.Crowther, Salford, and Female 34.32, set in 1991 by G Stacey, Bromley Ladies. £100 cash prize for any new course record.

Entry: £7.00 (UK Athletics affiliated club members), £9.00 (others).

Entries on the day £2 extra, only if the limit of 300 is not reached.

Closing date for Postal Entries: Saturday 30th May 2008

Visit our website for online entry: www.beckenhamrunning.co.uk

Please complete entry form below, read and sign declaration, and return with cheque made payable to Beckenham Running Club plus a 23cm x 16cm, stamped, self-addressed envelope to: *Nicola Howard, 3 Springbourne Court, Beckenham, Kent, BR3 5ED. Any queries to Nicolahoward650@yahoo.co.uk*

Detach here

Name: _____ Male/Female**delete as appropriate*

Address: _____ Postcode: _____

E-mail: _____ Tel no: _____

Date of Birth: _____ Age on day: _____

Affiliated club: _____ EA Affiliation no: _____

DECLARATION: *I shall be over 17 years old on the day of the race. I am medically fit. I fully understand that I enter the race at my own risk and that the organisers will in no way be held responsible for any injury or illness incurred to my person during, or as a result of, the event, or for any loss of property on the course or in the changing rooms area.*

Signature: _____ Date: _____