



BECKENHAM RUNNING CLUB

10K ROAD RACE

SUNDAY, 6th June 2010, 10.00 a.m.

UKA Licence Number: 2010-0120

An undulating course of just under two laps, starting near our HQ and finishing in Beckenham Place Park, about 10 minutes' walk back to race HQ at **Beckenham Cricket Club** in **Foxgrove Road, BR3 5AS**.

- R.R.C. measured course;
- Drinks stations;
- Parking at race HQ and surrounding residential roads;
- Changing facilities and toilets at race HQ;
- HQ conveniently located for public transport at Beckenham Junction Rail, Tramlink, and Buses all close by; also New Beckenham and Ravensbourne Rail within 1 mile.
- Refreshments available at race HQ;
- Medals to all finishers;
- Trophies in following categories:- 1st, 2nd, 3rd Man and Lady. 1st MVet O/40, O/50, O/60, 1st FVet O/35, O/45, O/55; 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: £8.00 (UK Athletics affiliated club members), £10.00 (others).
Entries on the day £2 extra, and only if the limit of 300 is not reached.

Closing date for Postal Entries: Friday 28th May 2010

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: **Alex Bartelle, Race Organiser, 35 Ridgewell Close, Sydenham, London SE26 5AP.** Any queries to andrewphinds@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 to complete the run, and 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: _____