

# BECKENHAM RUNNING CLUB

## 3 x 2.6 mile Road Relay Wednesday, 12<sup>th</sup> May 2010, 7.30pm UKA Licence Number 2010-0121

- Registration: At Race HQ, Beckenham Cricket Club, Foxgrove Road, Beckenham, Kent, BR3 5AS, from 6.00pm. Teams must be declared by 7.10 pm. The race starts and finishes in Dunfield Road, London SE6 3--, a 10 minute jog from HQ.
- Facilities: Changing, Showers, Toilets, limited car parking. Bar with food available for purchase afterwards.
- Location: Conveniently located for public transport at Beckenham Junction, New Beckenham and Ravensbourne train stations, Tramlink buses all with 1 mile.
- Prizes: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Men's teams, 1<sup>st</sup> and 2<sup>nd</sup> Ladies' team, 1st Mixed Team; Fastest Man's and Lady's individual legs.
- The Course: 3 laps of 2.6miles each lap, measured by surveyor's wheel; undulating; on local roads and pavements. A map of the course can be found on our website: [www.beckenhamrunning.co.uk](http://www.beckenhamrunning.co.uk).

**Please make cheques payable to Beckenham Running Club - £7.50 per team of three.**

Please read declaration form below, complete entry form and send with cheque to: Nicola Howard, 288 Tubbenden Lane South, Farnborough, Kent, BR6 7DN. Queries to [Nicolahoward650@yahoo.co.uk](mailto:Nicolahoward650@yahoo.co.uk). Telephone: 07967 689408.

**No postal acknowledgement of entries will be made. However, if email address is provided, an email acknowledgement will be sent. Race numbers to be given out on the day.**

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Club Name: .....

Number of teams: Men..... Women.....  
Mixed.....

Contact Name:  
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Email address:  
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Telephone No:  
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Signed by Team Captain:  
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***DECLARATION: We accept that all competitors must be 17 years or over on race day, and that each team member is medically fit to run, understands that he/she enters the race at his/her own risk, and accepts that the organisers will in no way be held responsible for any injury or illness incurred during, or as a result of, the event, or for any loss of property on the course or in the changing rooms.***