



BECKENHAM RUNNING CLUB CHARITY 10K TRAIL RACE 2009



For:



Sunday, 22nd November 2009 at 10.30 a.m.

T.R.A Permit no.116-09

Join us to run an undulating, traffic-free, multi-terrain course of 2 laps, passing through some of the last remaining ancient woodland in London, at Beckenham Place Park.

- Measured 10k course, on tracks and paths through fields and woods; drinks stations;
- HQ at Beckenham Cricket Club, Foxgrove Road, BR3 5AS;
- Parking at HQ and nearby;
- Changing facilities and toilets at HQ;
- Medal to all finishers; Spot prizes;
- Trophies in following categories:-
 - 1st, 2nd, 3rd, Man and Lady,
 - 1st Male Vet O/40, O/50, O/60,
 - 1st Lady Vet O/35, O/45, O/55,
 - 1st Men's Team, 1st Ladies Team (three to qualify).

Entry: £8.00 (Affiliated), £10.00 (others). Entries on the day £1 extra, only if the limit of 250 is not reached.

Closing date for Postal Entries: 15th November 2009.

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

Spot prizes donated by The Runner's Shop Beckenham:-



**Please read declaration below, complete entry form and send with a 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.**

----- detach here

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

Address: _____ Postcode: _____.

E-mail: _____ Tel no: _____.

Date of Birth: _____ Age on day: _____.

Affiliated club: _____.

DECLARATION: *I shall be over 17 years old on the day of the race and 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 to my person during, or as a result of, the event, nor for any loss of property on the course or in the changing rooms area.*

Signature: _____ Date: _____.