

The Grant & Stone Marlow 5

(part of the Handy Cross Runners series of races

for further information on the series go to www.handycrossrunners.co.uk)



SUNDAY 9th MAY 2010 @ 9.30 a.m.

HIGGINSON PARK, MARLOW, BUCKS

(Permit Number ARC 10/28)



A chip timed race, giving both net and gun times for all finishers, staged over an accurately measured fast and flat 5 mile course, which is well marshalled and ideal for a personal best. This race is extremely popular and well established in the road racing calendar. Last year saw yet another record entry and number of finishers, so enter early to avoid disappointment.

Prizes for: **Male categories:** Junior, 1st, 2nd, 3rd open, 1st & 2nd vet 40, 1st vet 50, 1st vet 60 & 1st Vet 70
Female categories: Junior, 1st, 2nd, 3rd open, 1st & 2nd vet 40, 1st vet 50, 1st vet 60 & 1st Vet 70
Teams: 1st Male & Female A.C, 1st Company and 1st Sports & Social (3 to score)

NO TEAM ENTRIES ACCEPTED ON THE DAY

Commemorative Medals, T Shirts and goody bags to all finishers plus spot prizes.

Full results will be available at www.handycrossrunners.co.uk as soon as possible after the race

Entry Fees:	£11	Non - Affiliated	Minimum Age :	15 years
	£9	*Affiliated	Entry Limit :	2000
	£15	On the day	Closing Date :	1st May

Cheques should be made payable to Handy Cross Runners and sent with your entry form to:
Handy Cross Runners, c/o 2 Lines Road, Lane End, High Wycombe, Bucks, HP14 3LH

All proceeds, less race costs, to be donated to the Iain Rennie Hospice at Home and to the Robs Arttt charities

Surname _____ First Name _____
Address _____ Male/Female _____
_____ Date of Birth _____
_____ Tel no. (inc. STD) _____
_____ Post Code _____ Entry fee £ _____

Email (**Please print clearly**) _____

* UK Athletics / ARC Affiliated Club Name _____

Company Team Name _____

Social Club team name _____

I declare that I am an amateur as defined by UK Athletics rules and accept that neither the organisers nor the sponsors shall be liable for any accidents, injury, loss or damage whatsoever as a result of my participation in the Grant & Stone Marlow 5. I certify that I will only participate if medically fit to do so. I understand that my entry is subject to the organiser's discretion and that after acceptance and in the event of cancellation the entry fee is not refundable.

Signature _____ Date _____

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