

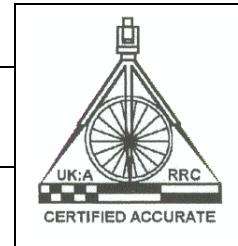
APEX SPORTS

APEX SPORTS of Farnham Common, Slough (Tel 01753 647339)

By kind permission of The National Trust and Lord Rothschild
VALE OF AYLESBURY ATHLETIC CLUB
 Proudly Presents the 8th
WADDESDON MANOR SUMMER EVENING 5K ROAD RACE
Wednesday 20 July 2011 at 7:30pm



Waddesdon Manor, Waddesdon, near Aylesbury, Buckinghamshire, HP18 0JH



**Under UK Athletics Rules: UKA Licence applied for
 Certificate of Course Accuracy No. SEAA 04/078**

Surname..... First
 Name.....

Race Details

A 5km road race on an accurately measured, out and back course using the traffic-free roads within the historic and picturesque grounds of Waddesdon Manor, Waddesdon, Aylesbury

Parking available in the official National Trust visitors car park. Toilets and limited changing facilities. Refreshments

Minimum age on race day: 14 yrs

Race Limit 350: Entries by post up to 16 July 2011

Entries on day up to 7:10pm - £2 extra

Prizes

First Three Males

First Three Females

First Male Athletic Club Team (4)

First Male V40, V45, V50, V55 & V60

First Female V35, V40, V45, V50 & V55

First Female Athletic Club Team (4)

First Junior Male (U20)

First Junior Female (U20)

First Corporate Team: 4 employees-Must include at least 1 Female

First under 17 Boy

First under 17 Girl

COMMEMORATIVE MUG FOR ALL FINISHERS

£50.00 COURSE RECORD BONUS: Men 15.32 (Owain Jones 2005) Women 18.39 (Rosanna Iannone 2008)

Name.....

Sex..... **Age on race day**..... Date of birth..... Age Category.....

UKA Affiliated Club (if applicable)

Corporate Team (if applicable).....

Address.....

Telephone..... e-mail.....

Entry Fees: £8 attached runners, £10 unattached runners. Cheques payable to Vale of Aylesbury A. C.

Or enter online via the Runners' World website: www.runnersworld.co.uk (subject to a £1.50 surcharge)

Entries to Steve Rooney, Martin Nye & Co, 186 High Street, Winslow, Bucks, MK18 3DQ 9" x 4" SAE required.

I hereby declare that I am an amateur as defined by UKA Laws & Rules. I certify that I will only participate if medically fit to do so and I agree to follow all instructions issued by the race officials. I understand that I participate in this event entirely at my own risk and that the National Trust, Lord Rothschild, The Waddesdon Manor Estate Management, Vale of Aylesbury Athletic Club, the race sponsors or any other organiser

Signed..... Date.....

of this event will not be responsible for any accidents injuries, loss or damage incurred as a result of my participation in the event. I understand that my entry details will be kept on computer in accordance with The Data Protection Act 1998.