

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 16th
WADDESDON MANOR SUMMER EVENING 5K ROAD RACE
Wednesday 17th July 2019 at 7:30pm
Waddesdon Manor, Waddesdon, near Aylesbury, Buckinghamshire, HP18 0JH



Under UK Athletics Rules: UKA Licence: 2019-36819
Certificate of Course Accuracy No. SEAA 17/098

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 only available in the official new National Trust visitors' car park. Toilets and limited changing facilities

Minimum age on race day: 14 yrs

Race Limit 500: Entries by post up to 13 July 2019

Entries on day up to 7:10pm - £2.00 extra

Prizes

First Three Males

First Male V40, V45, V50, V55, V60 & V65

First Junior Male (U20)

Female

First Boy (U17)

First Three Females

First Female V35, V40, V45, V50, V55 & V60

First Junior Female (U20)

First Girl (U17)

First Male Athletic Club Team (4)

First Female Athletic Club Team (4)

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

First Unattached runner (Male or Female)

COMMEMORATIVE MUG FOR ALL FINISHERS

£50.00 COURSE RECORD BONUS: Men 15.15 (Ian Kimpton 2014) Women 16.57 (Pippa Woolven 2018)

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

Date of birth.....Age on race dayAge Category..... Sex.....

UKA Affiliated Club (if applicable)

Corporate Team (if applicable).....

Address.....

Post Code:.....Telephone:.....e-mail.....

Entry Fees: £11 attached runners, £13 unattached runners. Cheques payable to Vale of Aylesbury A. C.

Entries to: Waddesdon Manor 5K, c/o Alan Roberts, Delmere, Grendon Underwood, Aylesbury, HP18 0SP. 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 and E R T Search & Rescue will not be responsible for any accidents injuries, loss or damage incurred as a result of my participation in the event

You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licenses or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

You agree that any photographs of this race can be used for publications on the official photographers or the Club's websites and for possible use by the press, and by running you accept this. You will be able to download any photos published free of charge. If you do not wish your image to appear as a significant part of any photograph that are published you should put a bold red cross across your race number - felt tip pens will be provided at the Runner Registration for this purpose.

If you will be under 18 on the day of the race you must have the agreement of your parent/carer to have your image published. The parent/carer should countersign this entry form indicating consent. If you do not wish, or your parent/carer will not agree that your image can appear as a significant part of any photograph that is published, you should put a bold red cross across your race number before the start of the race.

Signed.....

Date.....