Organised by GOYT VALLEY STRIDERS

BUXWORTH 5

11/017

5 Mile Road Race

Run under UK Athletics Rules, UKA Licence No: 2013-104971

Wednesday 1st May 2013 at 7:30pm

From: Navigation Inn, Bugsworth Canal Basin, Buxworth, Derbyshire, SK23 7NE

Event Information: A 5 mile single lap measured road route on country lanes. The route has a few testing climbs, with the last mile being flat. This is not a PB course.
A map of the route and course profile is available on the Goyt Valley Striders Website.

The wearing of iPods / mp3 players and any other similar device are **not permitted** at this race for you own safety as the road will **not** be closed to traffic.
Free car parking is available. Toilets will be available inside the Navigation Inn.
Race details will be emailed out and numbers to be collected on the night.
On the night entry and enquires desk at the Navigation Inn from 6.15pm
The Navigation Inn serves a good selection of food and beers. **www.navigationinn.co.uk**

Entry Fee: £5 Attached, £7 Unattached, on the night entries (£2 extra)
Online entries: www.runnersworld.co.uk/buxworth5 (£0.75p online fee)
Postal / Online Entries Closing Date: Monday 29th April 2013

Records

Gareth Briggs (Staffordshire Moorlands) 29:39 (2011) Hayley Carvill (Sale Harriers) 34:18 (2011)

Prizes:

Men: 1st 2nd 3rd 1st MV40, MV50, MV60, MV70 - Ladies: 1st 2nd 3rd 1st FV35, FV45, FV55, FV65
Team: 1st Male / Female (3 to count based on positions)
Enquires: Kevin Day - buxworth5@gmail.com – 07791573254
twitter **@buxworth5** Find us on Facebook **/buxworth5run**
www.goytvalleystriders.org.uk runbritain.com

(Official use only) **Race No:** **Cat:**

Entry Form to: Buxworth 5 c/o Kevin Day, 58 North Way, Hyde, Cheshire, SK14 1RU
Cheques payable to: Goyt Valley Striders (No SAE Required)
(PLEASE PRINT CLEARLY IN BLOCK CAPITALS ONLY)
NAME: _____ AGE (on 01/05/2012): _____ (Min Age: 15)
ADDRESS: _____ Phone No: _____
_____
_____ Post Code: _____
Gender (Please tick): M ☐ F☐ Email: _____
Affiliated Club: _____
E.A Registration No: _____ (No Number no Discount under UKA rules)

Your care is most important to us and we will do all we can to make this event as safe as possible for you.
Declaration: I or the person I am signing for confirms that they are an amateur as defined by UK Athletics rules and agree to abide by UK Athletics rules and the organiser's instructions at all times.
I enter this race entirely at my own risk and will not hold the organisers responsible for any injury, loss or damaged sustained to myself and I will not take part unless I am medically fit and properly trained to do so.

_____ _____

Signature (Parent's Signature If under 18) Date