



# FINSTOCK 10K

Held under UK Athletics rules - licence number 2013-105564

All proceeds to Friends of Finstock School  
Charity No 1047546

## Sunday 29th September 2013 at 11am

A run set in the beautiful grounds of **Cornbury Park** near Charlbury, Oxfordshire (entrance near Finstock Station, not Charlbury). This challenging 10k multi-terrain race (mostly on gravel/tarmac paths) is through stunning parkland by kind permission of Lord and Lady Rotherwick. Please send any enquiries to **finstockfunrun@gmail.com**



- Prizes for 1st, 2nd & 3rd male and female finishers, and 1st vet (M40, M50, M60, F35, F45, F55)
- Team prizes: 1<sup>st</sup> male (4 to count) & female (3)
- Cash prize for new course record (M:34:06, F:41:41)
- Childrens **1 mile fun run** (£2, entry on day)
- Tea & cakes
- Toilet facilities
- Race limit 400
- Drinking water on route and at finish



**Entry fee £10 affiliated, £12 non-affiliated, (£12/£14 on the day, subject to availability).**

Please make cheques payable to Friends of Finstock School (closing date for postal entries 21/09/13) Or enter online at **www.runnersworld.co.uk**

Prize giving is scheduled for approx 1.15pm & results will be made available at **http://sites.google.com/site/finstock10k**



**www.upandrunning.co.uk tel 01865 744266**

**Entry Form**

**Race #:** .....(official use only )

**Name** ..... **D.O.B** .....

**Address** .....

**Club** ..... **Phone number** ..... **Email**.....

**Categories (tick):** SM..... MV40..... MV50..... MV60..... SF..... FV35..... FV45..... FV55.....

I confirm that I am over 16 years of age and I accept full responsibility for my own safety. I understand that I am taking part in this race at my own risk and that no liability can be accepted by the race organiser for any injuries sustained or any property that is lost or damaged during this event.

**Signed** ..... **Date:**.....  
( countersigned by guardian if under 18 years of age )

Send completed form and SAE (A5) to: Race Secretary, 17 Church Rise Finstock, Oxon OX7 3DH

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