

South Bucks 10k Road Race

Sunday 6th October 2013 at 9.30 am

£10.00 entry / £12.00 unattached runner. (Online entry link below)
Pre-entries close Monday 30th September. Note! Race limit 300.
Entries on the day available up to race limit - plus £3.00.



UK Athletics Licence 2013-5984

The race will be run on quiet South Buckinghamshire country lanes within the parishes of Fulmer and Wexham. The 10k course is accurately measured with UKA accreditation and flat. It is likely to be fast with good PB potential.

* **Race HQ / parking at Black Park Country Park, Wexham, South Bucks. SL3 6DS.**
Remember your entry fee includes free parking in the Park (currently £3.50).



* **Awards** for 1st, 2nd, 3rd Men and Women plus category awards to:-

Men 1st in categories JM-20; MV 40-49; MV 50-59; MV 60-69; MV 70+;

Women 1st in categories JW-20; WV 35-44; WV 45-54; WV 55-64; WV 65+;

All finishers receive a Race medal, £5.00 Apex Sports voucher, Mars bar, refuel drink and an entry to a prize draw.

* **Online entries** preferred with **No Surcharge** at www.fabian4.co.uk.

* **Postal entries** on form below.

* **Facilities** - Cafés; toilets; play area; walks; bike hire; lake and "Go Ape" treetop adventure.

* **Information:** Race secretary, 01494 534972 or info@southbucks10k.org.uk.

* **Website:** www.southbucks10k.org.uk. **Collect race number on the day.**



BucksCountryParks

APEX SPORTS

Postal Entry Form for South Bucks 10Km road race. 6th October 2013

PLEASE COMPLETE IN BLOCK CAPITALS. **CLOSING DATE 30TH SEPTEMBER**

For official use.

Surname First Name.....

Address..... Male/Female.....

..... Age on Race Day (Minimum 16 years)

..... Tel no.....

Post Code..... Affiliated Club

Email

I wish to enter the 10Km race and enclose fee for £10.00 / £12.00 unattached. Add £3.00 for entry on the day.

Signed Date

Send completed form and a cheque made payable to "South Bucks Running Group" to the
Entries Secretary. South Bucks 10k, 12 Blakett Close, Staines, Middlesex, TW18 3NW