



LIONS CLUB OF WINSLOW 10K ROAD RACE

(Licenced by the UKA – 2009-100249)

Sunday 21st February 2010 10.30am



Sponsored by Up & Running

Venue: Furze Down School, Verney Road, Winslow, MK18 3BL

Lions Club of Winslow is a part of the world's largest service organizations.
We intend to raise funds through various events to give to charities and this year as always we are concentrating on local community projects.



Entry Form:

First Name: _____ Last Name: _____

Member of Running Club: (if applicable) _____

Address (including postcode): _____

Telephone number: _____

Email: _____

Date of Birth: _____ Age at day of race (Min. 15): _____ Gender: M / F _____

I will be over 15 years on race day, and I hereby declare that I am an amateur according to UKA Rules and that I am medically fit to compete. I accept that I enter at my own risk and that the race organisers will in no respect be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in this race.

Signature: _____

Date: _____

Post entry form to: Neil Udall, 4 Magpie Way, Winslow, Bucks. MK18 3JT

Entrance fees (in advance): £ 12 Non-Running Club Member, £ 10 Running Club Member

Cheques to be made payable to 'Winslow Lions 10k Run'.

Visit www.winslowlions.org.uk for details of this event and others that we hold

Facilities in the Market Town of Winslow



Furzedown School
(Race HQ)

Facilities for changing and toilets (no showers) will be available.
Hot light refreshments and drinks.

Water Stops?

Sufficient Water Stops will be available on the route.

Where to park?

There is limited parking in the Market Square of Winslow.
Further parking is available in the Public Car Park – Greyhound Lane (including Public Toilets) behind the shops in the High Street.
Also in the Winslow Public Hall Car Park off Elmfields Gate
Please respect access for inhabitants in Verney Road if spaces are available.

Sunday Lunch?

The Bell, Market Square offers a Carvery menu (01296 714091)
Jenny Wren for traditional Sunday Lunches (01296 715499)
Rosies in the High Street near the Market Square (01296 715571)
Verney Arms in Verney Junction (good place for spectators too!) (01296 712784)
Cappos Coffee shop opposite The Bell, serves light lunches (01296 711000)
Rigby's Restaurant in Horn Street will open especially for the race (01296 715713)

Course:

