



LIONS CLUB OF WINSLOW 10K ROAD RACE

UK Athletics Licence No 2020-38831
Sunday 23rd February 2020 10.30am



Sponsored by Up & Running



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

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. If U18, parent/Guardian should sign this form

Signature: _____

Date: _____

Electronic tag timing will be used along with Manual.

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

Entrance fees (in advance): £ 15 Non-Running Club Member, £ 13 Running Club Member. Cheques to be made payable to 'Winslow Lions 10k Run'. On-the-day entry £17 and £15

Closing date for postal applications is 10th February 2020, numbers collected on day. email sent confirming registration. Please include SAE if you have no email and wish me to send confirmation

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 as will a secure bag-storage area. Hot and Cold light refreshments and drinks will be available for purchase, in the schools dining room.

Water Stops?

2 Water Stations will be available on the route and water will be available at the Finish

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, in the Winslow Public Hall Car Park off Elmfields Gate. All car parks are a 10 minute walk from the Start / Finish. Please avoid parking in Verney Road / Furze Lane as this is part of the course and causes traffic congestion and presents a danger to you, the runners.

Presentation?

Prizes are awarded to the first 3 male and female competitors to cross the line along with the first in each 'Veteran' Category.

The Presentations will take place as soon after 11:30 as is possible.

Course:

