

## Medmenham 10 mile race & 3.5 mile Fun Run Entry Form

Sunday 20<sup>th</sup> September 2009 at 10.00am

Start / finish line at Common Moor, Ferry Lane, Medmenham, Marlow,  
Buckinghamshire. SL7 2HA

## Medmenham 10 mile race & 3.5 mile Fun Run Entry Form

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### Race Details

#### Prizes

10 mile race: -

- First male home - Dinner for two, excl drinks, at the Orangery, Danesfield House Hotel.  
[www.danesfieldhouse.co.uk](http://www.danesfieldhouse.co.uk)
- First lady home - day pass for two at Danesfield Spa.  
[www.danesfieldhouse.co.uk/spa.htm](http://www.danesfieldhouse.co.uk/spa.htm)

4 mile fun run: -

- First adult home - meal for two, inc a glass of wine, at the Dog & Badger.
- First junior home - £20 cash

#### Details

- Running requires dedicated training before the event.
- Runners of all ages and abilities welcome.

#### ROUTE

- Both routes will be multi terrain. Expect to run on footpaths, tarmac, wide and narrow sections and mud. There will also be styles, fences and kissing gates occasionally.
- The 3.5 mile fun run will be flat and use footpath, road and toe path route.
- The 10m will follow on from the 3.5 mile route and then head up into the hills across to Hambleden and back. This second section is more challenging.
- Course not suitable for wheelchairs.
- Safety: No dogs or bicycles allowed on the course.

#### GENERAL INFORMATION

- Advanced entries accepted up to 11<sup>th</sup> September 2008.
- Entries on the day possible, but discouraged, extra fee and no medal.
- Complete entry form, detach and send to: Medmenham Runners Club, 18 Westfield, Medmenham, Marlow, Bucks. SL7 2HG
- Cheques and postal orders should be made payable to: Medmenham Runners Club.
- Entry fee non-refundable.
- Only one entrant per form.
- No electronic chip timing will be used.
- Registration opens 8.45am
- Entries on the day up to 9.30am only.
- Enquiries: 01491 579079  
email: [mike@orchardhouse.co.uk](mailto:mike@orchardhouse.co.uk)
- Entries cannot be taken over the telephone.
- No SAE needed. No confirmation will be sent
- Runners required to register their attendance on race day and collect their race number.

#### KIT STORAGE

- At owners risk in their car.

#### Charity

- All profits will go to MIND, the mental health charity, or other suitable organisations.

#### Sponsors

We acknowledge the kind support of

- SAS
- The Dog & Badger pub
- Danesfield Spa and Hotel
- Dean & Milward

Forename \_\_\_\_\_ Surname \_\_\_\_\_ M/F

DOB \_\_\_/\_\_\_/\_\_\_ Age (on race day) \_\_\_\_\_ Tel (inc code) \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Email \_\_\_\_\_ (please write very clearly)

UKA Athletics Club \_\_\_\_\_

Medical History (for use only by first-aid personnel) \_\_\_\_\_

Where did you hear of the race?

Race being run

4 mile Fun Run

10 mile race

PAYMENTS in advance

Adult, over 16 £8

Child under 17 £4

PAYMENTS after 11/09/2008 or on the day

Adult, over 17 £10

Child £5

Cheques payable to Medmenham Runners Club

Statement by parent or guardian for Fun Run entrants under 16 years of age :

I hereby consent that above person may participate in the Medmenham Fun Run and any medical treatment necessary may be given without reference to either parent or guardian. I will not hold the organisers, or any other person or body involved in the organisation of the event, responsible for any illness or injury resulting from the event. I am happy that the entrant's name and time will be entered on the results page of the website.

Full Name \_\_\_\_\_ Signed \_\_\_\_\_ Date \_\_\_\_\_

**Cut off and retain this side.**

**ENTRY CLOSING DATE: 11<sup>th</sup> September 2008**

Data protection: - information contained on the entry form will be stored on a computer for use only by Medmenham Running Club. It will not be made available to organisations for commercial purposes.

**ALL ENTRANTS MUST SIGN THE FOLLOWING:**

I am an amateur as defined by U.K.A. and agree to abide by its rules. I will participate only if I am fit to run the distance selected. I will not hold the organisers, or any other person or body involved in the organisation of the event, responsible for any illness or injury resulting from the event. I am happy that the my name and time will be entered on the results page of the website.

Signed \_\_\_\_\_ Date \_\_\_\_\_