

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

Sunday 19<sup>th</sup> September 2010 at 10.00am

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

### 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 with two treatments.  
[www.danesfieldhouse.co.uk/spa.htm](http://www.danesfieldhouse.co.uk/spa.htm)

3.5 mile fun run: -

- 1<sup>st</sup> adult male home - £50 meal voucher for The Royal Oak, Marlow.  
[www.royaloakmarlow.co.uk](http://www.royaloakmarlow.co.uk)
- 1<sup>st</sup> adult female home - Expert Fitness Massage voucher worth £40  
[www.expertfitnessstudio.com](http://www.expertfitnessstudio.com)
- First junior home - £20 cash
- Second junior home - £10 cash

### Agenda on the day

- 9.50am – briefing
- 10.00am – 10m race starts
- 10.10am – 3.5m fun run starts
- 11.45am – prize giving

### 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.
- 3.5 mile fun run will be flat and use footpath, road and toe path route.
- 10m will follow the 3.5m 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

- Runners of all ages and abilities welcome.
- Advanced entries at reduced price accepted up to 11<sup>th</sup> September 2010.
- Entries on the day possible, but discouraged, extra fee and no medal.
- Parking is further down the road and about a 5 minute walk.
- Registration opens 8.45am
- **Entries on the day up to 9.40am only.**
- Runners required to register their attendance on race day and collect their race number.
- Complete entry form, detach and send to: Medmenham Runners Club, 18 Westfield, Medmenham, Marlow, Bucks. SL7 2HG
- Entry fee non-refundable.
- Only one entrant per form.
- No electronic chip timing will be used.
- Enquiries: 01491 579079 or email: [mike@orchardhouse.co.uk](mailto:mike@orchardhouse.co.uk)
- Entries cannot be taken over the telephone.
- **No SAE needed, e-mail confirmation only**

### KIT STORAGE

- At owners risk in their car or behind the registration desk

### Charity

- All profits will go to charity.

### Sponsors

We acknowledge the kind support of

- SAS Software Ltd
- The Royal Oak Pub
- Danesfield Spa and Hotel
- Dean & Milward
- Expert Fitness Studio

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Sunday 19<sup>th</sup> September 2010 at 10.00am

No pack will be sent in advance. E-mail confirmation only. Collect number on the day.

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

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

Address \_\_\_\_\_

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

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

Running Club \_\_\_\_\_

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

Where did you hear of the race?

Race being run: - 3.5 mile Fun Run  10 mile race

PAYMENTS in advance	PAYMENTS after 11/09/2008 or on the day
Adult, over 16 £8	Adult, over 17 £10
Child under 17 £4	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 \_\_\_\_\_

### 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 \_\_\_\_\_

## ENTRY CLOSING DATE: 11<sup>th</sup> September 2010

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.