



BUXWORTH 5

11/017

5 Mile Road Race



Run under UK Athletics Rules, UKA Licence No: TBC

Thursday 5th May 2016 at 7:30pm

From: Navigation Inn, Bugsworth Canal Basin, Buxworth, Derbyshire, SK23 7NE

Event Information: A 5 mile single lap measured road route on country lanes.

The route has a few testing climbs, with the last mile being flat. This is not a PB course.

A map of the route and course profile is available on the Goyt Valley Striders Website.

The wearing of Earphones or similar devices are **not permitted** at this race for you own safety as the road will **not** be closed to traffic. Anybody wearing Earphones or similar devices will be disqualified.

Free car parking and Toilets will be available at the Navigation Inn.

On the night entry and enquires desk at the Navigation Inn from 6.15pm

The Navigation Inn serves a good selection of food and beers. www.navigationinn.co.uk

Entry Fee: £4 Attached, £6 Unattached / Unaffiliated (on the night entries £2 extra)

Online entries: Postal / Online Entries Closing Date: Tuesday 3rd May 2016

Records

Robert Little (Hallamshire Harriers) 28:04 (2014) Diane McVey (Wilmslow RC) 32:11 (2015)

Prizes:

Men: 1st 2nd 3rd 1st V40, V45, V50, V55, V60, V65, V70

Ladies: 1st 2nd 3rd 1st FV35, FV40, FV45, FV50, FV55, FV65

Team: 1st Male / Female (3 to count based on positions)

Enquires: Kevin Day - buxworth5@gmail.com - 07791573254

twitter @buxworth5 **Facebook** /buxworth5run www.goytvalleystriders.org.uk



(Official use only) **Race No:**

Cat:

Entry Form to: Buxworth 5 c/o Kevin Day, 58 North Way, Hyde, Cheshire, SK14 1RU

Cheques payable to: Goyt Valley Striders

(PLEASE PRINT CLEARLY IN BLOCK CAPITALS ONLY)

NAME: _____ AGE (on 05/05/2016): _____ (Min Age: 15)

ADDRESS: _____ Phone No: _____

_____ Post Code: _____

Gender (Please tick): M F Email: _____

Affiliated Club: _____

E.A Registration No: _____ (No Number no Discount under UKA rules)

I understand that this race is held in accordance with UK Athletics rules, and that I have familiarised Rules of UK Athletics. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have fitness appropriate for this race. I accept the hazards involved in road running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

Signed: _____ Date _____

Competitor or, **if under 18**, Parent/Legal Guardian