

Organised by

GOYT VALLEY STRIDERS



11/017



BUXWORTH 5

5 Mile Road Race

Run under UK Athletics Rules, UKA Licence No:

Thursday 8th May 2014 at 7:45pm

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 iPods / mp3 players and any other similar device are **not permitted** at this race for your own safety as the road will **not** be closed to traffic.

Free car parking is available. Toilets will be available inside the Navigation Inn.

Race details will be emailed and numbers to be collected on the night.

On the night entry and enquires desk at the Navigation Inn from 6.30pm

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

Entry Fee: £4 Attached, £6 Unattached, on the night entries (£1 extra)

Online entries:

Postal / Online Entries Closing Date: Monday 5th May 2014

Records

William Neil (City of Stoke AC) 28:11 (2013) Diane McVey (Wilmslow RC) 33:12 (2013)

Prizes:

Men: 1st 2nd 3rd 1st MV40, MV50, MV60, MV70 - Ladies: 1st 2nd 3rd 1st FV35, FV45, FV55, FV65

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