



# The Wendover Woods Autumn Festival of Running

## The Wendover Woods 10 & 5 Mile

Incorporating children's 3k and 1k races and Canicross 10k & 5k

Saturday 2<sup>nd</sup> & Sunday 3<sup>rd</sup> November 2019

Start times

Saturday 2<sup>nd</sup> – 3k 10.00 AM – Canicross 10k & 5k 12.00 PM

Sunday 3<sup>rd</sup> – 1k 9.40 AM – 10 & 5 Mile 10.00 AM

Held under UK Athletic Rules. UK Licence applied for.

Following the success of our inaugural March Festival of Running we return to Buckinghamshire for an Autumn edition. Incorporating a series of events including ParkRun and Canicross on the Saturday, the weekend continues with this picturesque 10 & 5 Mile race along the undulating forest paths and trails in and around Wendover Woods. We will also have a range of 3k and 1k events across the weekend.

The event is open to runners of all abilities, from novices to experienced athletes. If 10 Miles is too far why not try the 5 Mile option? There will be bespoke medals and goodies on offer to all finishers.

**\*\* Bespoke medal to all finishers \*\* Chip Timing \*\***

**Prizes/trophies in 10 Mile:** 1st, 2nd, 3rd Males, Vet Categories 40 - 75, First Male Team (of 3)

1st, 2nd, 3rd Ladies, Vet Categories 35 - 70, First Lady Team (of 3)

Prizes in 5 Mile and Canicross events for leading runners

Prize giving and presentation approx 60 minutes after first runner home in each race

**Race HQ: Wendover Wood, Upper Icknield Way, Ashton Clinton, Tring, HP22 5NQ**

ENTRY FEE: 10 Mile	£20.00 affiliated	£22.00 unaffiliated	£25 on the day
5 Mile	£16.00 affiliated	£18.00 unaffiliated	£20 on the day
Canicross 10k	£18.00	£20 on the day	
Canicross 5k	£15.00	£17 on the day	
3k Race - £7	1k Race - £5		

ENTRY LIMIT: 700. Postal closing date is 28<sup>th</sup> October but entries on the day subject to availability

CHEQUES: Payable to 'Nice Work'

ENTRIES: Race Director, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

**Enquiries/more information: 01797 229955**

ENTER ONLINE PLEASE VISIT [www.nice-work.org.uk](http://www.nice-work.org.uk)

Please enter me for the Wendover Woods 10 Mile [ ] 5 Mile [ ] Canix 10k [ ] CaniX 5k [ ] 3k [ ] 1k [ ]  
I would like to purchase a souvenir technical t-shirt for £10 in size XS [ ] S [ ] M [ ] L [ ] XL [ ]

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

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

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB \_\_\_\_\_

**ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)**

I declare I will be over 17 years of age for the 10 Mile and 15 years of age for the 5 Mile on 03/11/19 and I agree that the organizers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshall's and organiser's instructions. If under 18 years of age, entry form should be signed by a parent/guardian.

SIGNATURE.....DATE.....

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here [ ]