



# The Wendover Woods

## 10k & 5k Canicross Challenge

### Saturday 9<sup>th</sup> March 2019 12.00 pm

Join us for this brand new event for the Buckinghamshire Canicross Calendar. This picturesque 10k & 5k takes place along the undulating forest paths and trails in and around Wendover Woods.

The event is open to Canicross runners of all abilities, from novices to experienced athletes and there will be medals and dog treats on offer to all finishers.

**\*\* Medal to all finishers \*\***

**Prizes/trophies in both races for:** 1st, 2nd, 3rd Male & Female

Prize giving and presentation approx 45 minutes after first runner home

**Runners will be set off in waves of 10 in 1 minute time slots**

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

ENTRY FEE: 10k                      £17.00                      £20 on the day

5k                                      £15.00                      £17 on the day

ENTRY LIMIT: 100. Postal closing date is 4<sup>th</sup> March but entries on the day subject to availability

Numbers collected on the day                      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 Canicross 10k [ ] 5k [ ]

Please complete the below form in BLOCK CAPITALS.

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

AGE ON 09/03/2019 \_\_\_\_\_

Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

\_\_\_\_\_

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

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

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

DOGS NAME(S) \_\_\_\_\_

I declare I will be over 11 years of age for the 5k and 15 years of age for the 10k on 09/03/19 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 [ ]