



RunWexham 10k & 5k

Includes Children's Fun Run Sunday 30th June 2019 10.00 am

Held under UK Athletic Rules. UK Licence applied for.



**Frimley
Health
Charity**
Improving patients' lives

Free entry and
running vest
when
fundraising for
Wexham Park

Join us for the return of the popular RunWexham 10k & 5k using the undulating paths and trails in Black Park. The race is a fundraiser for the Wexham Park Hospital, part of Frimley Health Charity. The event is open to runners of all abilities, from novices to experienced athletes and there will be bespoke medals and goody bag on offer to all finishers.

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

Prizes/trophies in both races for: 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)

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

Race HQ: Black Park Country Park, Black Park Rd, Slough SL3 6DS

ENTRY FEE: 10k	£15.00 affiliated	£17.00 unaffiliated	£20 on the day
5k	£10.00 affiliated	£12.00 unaffiliated	£15 on the day
Children's Race	£3.00		

ENTRY LIMIT: 500. Postal closing date is 4th July but entries on the day subject to availability

PLEASE ENCLOSE: SAE. CHEQUES: Payable to 'Frimley Health'

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

Enquiries/more information: 01797 229955

ENTER ONLINE PLEASE VISIT www.nice-work.org.uk

Please enter me for the RunWexham 10k [] 5k [] Children's Fun Run []
I would like details of the Free Charity places for the 10k [] 5k []
Please complete the below form in BLOCK CAPITALS.

SURNAME _____ FORENAME _____ DATE OF BIRTH _____

AGE ON 30/06/2019 _____ 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 15 years of age for the 10k and 11 years of age for the 5k on 30/06/19 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 []