

SAFFRON WALDEN

10K

"The Wicked Walden"

Sunday 28 September 2014

10:30am Newport Free Grammar School, Newport

MULTI TERRAIN 10K RACE, 90% OFF ROAD

INDIVIDUAL AND TEAM PRIZE

T-SHIRT TO ALL FINISHERS



Organised by
SAFFRON STRIDERS

Further info & entry form at
www.saffronstriders.org.uk

Enter online today www.runnersworld.co.uk



RACE INFORMATION

Date **Sunday 28 September 2014**
Venue **Newport Free Grammar School
Bury Water Lane, Newport, Essex, CB11 3TR**

MULTI-TERRAIN 10K RACE

Multi terrain race held under English Cross Country rules.
Race permit applied for

Start time **10:30am**
Race limit **500 runners**
Finisher's prize **T-shirt for all finishers**
Category prizes **Top 3 men & top 3 ladies
1st man & 1st lady 40+, 50+, 60+ & 70+
Best age-related performance (WVA)
Maximum of 1 trophy per runner**
Team prize **Open to running clubs, businesses & organisations
4 highest WVA (age-graded) scores count**
Entry costs **£ 10.00 (affiliated) £ 12.00 (unaffiliated)
add £ 2.00 for on the day entries**
Headphones **In line with the UKA guidelines a 'no headphone' rule will be enforced.
The race referee will disqualify any runners infringing this rule.**
Wheelchairs **Unfortunately due to the terrain, the event is unsuitable for
Wheelchair users**

ON THE DAY INFORMATION

Race numbers **Race numbers are not posted out, collect on morning of the race.**
On the day entries **Available for a £ 2.00 surcharge until the race limit is reached.
The 'On the day' entry desk closes at 10:00am.**
Parking **Parking is limited—please car share where possible**

SAFFRON WALDEN 10K RACE ENTRY FORM

PLEASE USE BLOCK CAPITALS

First name

Surname

Address

Signature

Date

Contact number

Email

Date of birth

Age on race day (must be over 16)

Gender (M or F)

T-shirt size (S, M, L or XL)

UKA affiliated club name

UKA licence number

Team name (if entering team competition)

DECLARATION

I agree to abide by UKA rules. I am medically fit to participate in the event and understand that I enter at my own risk and that Saffron Striders shall not be held responsible for any loss, injury or illness directly or indirectly caused by or as a result of the event.

I understand that entry fees are non-refundable and numbers are non-transferable.

FOR SAFETY REASONS
The wearing of MP3 players is
NOT permitted in this race



DATA PROTECTION ACT

Details will be held on computer by Saffron Striders to aid in the organisation of this event and may be used to inform you of future Saffron Strider events. Please tick this box if you do not wish to receive further mailings.

ENTRY FEES

£ 10.00 (UKA Club Member)
£ 12.00 (unattached)
add £ 2.00 for on the day entries

Cheques payable to SAFFRON STRIDERS

10K Race Entries
10 Brook View
Thaxted
Essex
CM6 2LX

Closing date for
postal entries
23 September 2014

or enter online at

www.runnersworld.co.uk