



Alchester Running Club  
Presents the

## Charndon 5km Road Race

Part of the Oxfordshire Road Race Grand Prix Series 2010

Tuesday 18th May 2010 at 7.30pm

Start and Finish at the Village Hall, Charndon ,Bucks

Held under UK Athletic rule

Permit No applied for

A 5 km single lap flat course in the pleasant Buckinghamshire countryside.  
Entrants must be aged over 15 years on the date of the race. Race limit: 250 competitors.  
Closing date for postal entries: 14th May 2010 .

***No entries available on the day***

### Prizes:

**First three Senior Men (SM)**

**First three Vet Men +40 (V40)**

**First three Vet Men +50 (V50)**

**First three Vet Men +60 (V60)**

**First three Senior Ladies (SL)**

**First three Vet Ladies +35 (VL35)**

**First three Vet Ladies +45 (VL45)**

**First three Vet Ladies +55 (V55)**

Surname:		Forename:	
Address:			
Post Code :		Tel No:	
E-mail		Date of Birth	
Affiliated Club			
I declare that I am medically fit to run and accept that the organisers shall in no circumstances be under any liability for any injury, loss or damage sustained in connection with the Charndon 5km Road Race or any other associated event .I am an amateur as defined by UK Athletics Rules.			
I enclose a fully completed form, a cheque for the correct amount, made payable to <b>Alchester Running Club</b> , and a correctly stamped addressed envelope, 9"x 4" (min size)			
Signed:		Date:	Passport number

Entry Fee Attached £6.00

Unattached £8.00

***No entries on the day***

Cheques made payable to: **Alchester Running Club**.  
Entries to : 42, Hornbeam Road, Bicester, Oxon. OX26 3XZ

Race packs and numbers will be posted out to competitors approximately two weeks before the race.