



BANBURY 15

SUNDAY 14TH MARCH 2010

BANBURY 15 MILE Road Race on a challenging rural course

2 MILE Paul Bithell Memorial Fun Run, includes Team Race

1 MILE FUN RUN for under 14's

under UKA rules

Excellent changing and showers / 1st Aid Cover Level 1
RCC measured, Course Measurement Cert. SEAA 00/002

Family entertainment available on the day

The Banbury 15 is a recognised London Marathon warm up race

15 Mile Applications limited to 400 entries

Permit Number (tba)

Start Times ~ 15 miles 10.30am

2 miles 10.40am

1 mile 11.10am

Prizes for 15 mile race

Senior men - first six

Vet men +40 - first four

Vet men +50 - first three

Vet men +60 - first two

Senior ladies - first three

Vet ladies +35 - first three

Vet ladies +45 - first two

Vet ladies +55 - first two

Male Team Prize - first four to count

Female Team Prize - first three to count

Course records:~

MALE Paul Harwood 1hr 22m 49s
Nick McGuinness 1hr 22m 49s

FEMALE Lucy Aphramor 1hr 37m 18s

Entry Form:

The Team competition in the 2 mile Fun Run is for **Fun Runners only** not Athletic Clubs

15mile: £9.00 attached, £11.00 unattached **2mile:** £4.00 (team of 5 £13)

£1 extra on the day **1 mile fun run** (under 14): £1.00

Please tick which race you are entering 15 mile 2 mile U14 fun run

Surname _____ First name _____ M or F _____

Age _____ Club _____ OR non-club i.e. unattached

(must be 17 on race day for 15 mile race) Affiliated to UKA Y/N _____ Tel no. _____

Address _____

Postcode _____ Signature _____ Date _____

If you are entering a team in the 2 mile list the five runners : _____

Please send me a copy of the Banbury Guardian with the full results £ 1.50 _____

I enclose 1. a fully completed form 2. a cheque for the correct amount made payable to 'Banbury Harriers AC'

3. SAE for race details and number

I hereby declare that I am an Amateur as defined by UKA rules and that I accept that the organisers will not be liable for any accident, loss or damage as a result of my participation in this race.

Completed Forms to: Banbury Run, 6 Crouch Street, Banbury, Oxon, OX16 9PP