



BANBURY RUN

Organised by Banbury Harriers A.C.

SUNDAY 20th MARCH 2016

Excellent changing and showers / 1st Aid Cover Level 1

For more information visit www.banburyharriers.org where you will also find the results after the race.

These are equal opportunities events **HOWEVER** the courses are **NOT** suitable for wheelchairs.

For safety reasons the wearing of personal stereos/headphones are not permitted.

You are free to obtain sponsorship for any good cause but our preferred charity is the Katharine House Hospice.

Geoff Smith's Banbury 15

A 15 mile road race starting at 10.30 am

A challenging rural course run under UKA rules. Course certificate No...13/339

15 mile Applications limited to 400 entries

Permit Number ...2016-22731.

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 Sullivan Smith Swansea Harriers 1hr 21m 44s

FEMALE Holly Rush, Bath 1hr 30.20

Paul Bithell Memorial fun runs start time 10.40 am and open to all ages

One lap of 1mile (approx) or two laps totalling 2.5 miles (approx).

Entries for these races will be on the day with recommended minimum payments £1.00 for the 1 mile and £3.00 for the 2.5 mile with all monies collected being donated to Katharine House Hospice.

Entry Form for Geoff Smith's Banbury 15 - 15 mile road race only: You can also enter on line at www.runbritain.com

£13.00 attached, £15.00 unattached, £3 extra on the day.

Last date for postal entries 6th March 2016 or when race is full.

First name _____ Surname _____ M or F _____

Age on race day _____ Club or "unattached" _____ E.A. No. _____

(must be age 17 on race day for 15 mile race) Telephone No. _____

Address _____

Post code _____ E-mail address _____

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

3. SAE with correct postage for race details and number.

I hereby declare that I am an Amateur as defined by UK Athletics laws and will abide by the laws and rules of UK Athletics. I accept that the organisers will not be liable for any loss, accident, cost or expenses which may arise in consequence of my participation in this event. I declare that I will not compete unless I am in good health on the day of the race and that in any event I compete at my own risk.

Completed Forms to: Banbury Run, 1 Salmon Close Bloxham, Banbury, Oxon, OX15 4PJ

Signature _____ Date _____