



Buxworth 5

Road Run

Run under UK Athletics Rules, UKA Licence No: TBC

Wednesday 2th May 2012 at 7:30pm

From: Navigation Inn, Bugsworth Canal Basin, Buxworth, Derbyshire, SK23 7NE

Event Information: A 5 mile single lap measured road route on country lanes. The route has a few testing climbs, with the last mile being flat.

A map of the route and course profile is available on the Goyt Valley Striders Website.

Please Note the wearing of iPods / mp3 players or similar items is not permitted under UKA rules and by doing so you will not be covered by our insurance, this is for your safety as the road will **not** be closed to traffic.


We will however let you wear them at your own risk providing you **only** wear an ear plug in your **left** hand ear.

Failure to comply with this rule will result in you being disqualified from the race.


Free car parking is available. Toilets will be available inside the Navigation Inn.

Race No's and final details will be posted out before the race. (Please include a 9 x 6 (A5) SAE)

On the night entry and enquires desk at the Navigation Inn from 6.15pm

The Navigation Inn serves a good selection of food and beers.  www.navigationinn.co.uk

Entry Fee: £4 Attached, £6 Unattached, on the night entries (£2 extra)



 **Online entries:** www.ukforms.net

Postal Closing Date: Friday 27th April 2012

Prizes:

Men: 1st 2nd 3rd 1st MV40, MV50, MV60. Ladies: 1st 2nd 3rd 1st FV35, FV45, FV55.

Team: 1st Male / Female (3 to count)

Enquires: Kevin Day -  buxworth5@gmail.com -  07791573254



@buxworth5



/buxworthrun

www.goytvalleystriders.org.uk 

www.roadandfellrunning.co.uk



(Official use only) **Race No:**

Cat:

 **Entry Form to: Buxworth 5, Road and Fell, 57 Middle Hillgate, Stockport, SK1 3DL**

 **Cheques payable to: Goyt Valley Striders please include a 9 x 6 SAE (with correct Postage)**

(BLOCK CAPITALS ONLY PLEASE)

NAME: _____ AGE (on 04/05/2011): _____ (Min Age: 16)

ADDRESS: _____ Phone No: _____

_____ Post Code: _____

Gender (Please tick): M F Email: _____

Affiliated Club: _____ E.A Registration No: _____

WAIVER: I confirm that I agree to abide by UK Athletics and the organisers rules and instructions and I should not take part unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Goyt valley Striders, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

From ukresults.net

Signature (Parent's Signature If under 18)

Date