Run under UK Athletis Rales, UKA Licene Nr. TBC Thursday S th May 2016 at 7:30pm From: Navigation Inn, Bugsworth Canal Basin, Buxworth, Derbyshire, SK23 TNE Event Information: A 5 mile single kap measured road route on country lanes. The route has a few testing climbs, with the last mile being flat. This is not a PB course. A map of the route and course profile is available on the Goyt Valley Striders Website. The wearing of Earphones or similar devices are not permitted at this race for you own safety as the road will not be closed to traffic. Anybody wearing Earphones or similar devices will be disqualified. Free car parking and Toilets will be available at the Navigation Inn. 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 Chry Cee: f4 Attached, £6 Unattached / Unaffiliated (on the night entries £2 extra) On the night entries:Postal / Online Entries Closing Date: Tuesday 3 rd May 2016 <u>Kecords</u> Robert Little (Hallamshire Harriers) 28:04 (2014) Diane McVey (Wilmslow RC) 32:11 (2015) <u>Mer</u> : 1 ^a 2 rd 3 rd 1 ^a V40, V45, V50, V55, V60, V65, V70 Mer: 1 ^a 2 rd 3 rd 1 ^d 1 ^{cd} V40, V45, V50, V55, FV65, FV65 Team: 1 ^d Male / Female (3 to count based on positions) Enquires: Kevin Day - ^{co} buxworth5 genail.com - ^{co} 0791573254 Cutters' @ buxworth5 []] Cofficial use only] Race No: <u>Cofficial use only</u> Race No: <u>Cofficial use only</u> Race No: <u>Cofficial use only Race No:</u> <u>Cofficial use only</u> Race No: <u>Cofficial use only</u> Race No: <u>Cofficial use only</u> Code Subject Striders <u>Cofficial use only</u> Race No: <u>Cofficial use only</u> Race No: <u>Cofficial use only</u> Code: <u>Cofficial use only Cace No:</u> <u>Cofficial use only</u> Race No: <u>Cofficial use only</u> Race No:	Organ	ised by U						
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Entry Form to: Buxworth 5 c/o Kevin Day, 58 North Way, Hyde, Cheshire, SK14 1RU Cheques payable to: Goyt Valley Striders (PLEASE PRINT CLEARLY IN BLOCK CAPITALS ONLY) NAME:AGE (on 05/05/2016):(Min Age: 15) ADDRESS:Post Code:Post Code: Gender (Please tick): M □ F□ Email:Post Code: Gender (Please tick): M □ F□ Email: Affiliated Club:(No Number no Discount under UKA rules) I understand that this race is held in accordance with UK Athletics rules, and that I have familiarised Rules of UK Athletics. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have fitness appropriate for this race. I accept the hazards involved in road running and acknowledge that I am entering and running this race at my own risk. Other than the Organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.	10.00					100		
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Competitor or, if under 18, Parent/Legal Guardian