



# BUXWORTH 5

11/017

## 5 Mile Road Race



Run under UK Athletics Rules, UKA Licence No: TBA

**Thursday 7<sup>th</sup> May 2015 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. 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](http://www.navigationinn.co.uk)

**Entry Fee:** £5 Attached, £7 Unattached / Unaffiliated (on the night entries £2 extra)

**Online entries:** TBC

Postal / Online Entries Closing Date: Tuesday 5<sup>th</sup> May 2015

### Records

Robert Little (Hallamshire Harriers) 28:04 (2014) Diane McVey (Wilmslow RC) 33:12 (2013)

### Prizes:

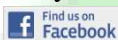
Men: 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 1<sup>st</sup> V40, V45, V50, V55, V60, V65, V70

Ladies: 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 1<sup>st</sup> FV35, FV40, FV45, FV50, FV55, FV65

Team: 1<sup>st</sup> Male / Female (3 to count based on positions)

Enquires: Kevin Day - [buxworth5@gmail.com](mailto:buxworth5@gmail.com) - 07791573254

**twitter** @buxworth5



Find us on Facebook /buxworth5run



[www.goytvalleystriders.org.uk](http://www.goytvalleystriders.org.uk)



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

**Cat:**

**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 07/05/2015): \_\_\_\_\_ (Min Age: 15)

ADDRESS: \_\_\_\_\_ Phone No: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Gender (Please tick): M  F  Email: \_\_\_\_\_

Affiliated Club: \_\_\_\_\_

E.A Registration No: \_\_\_\_\_ (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.

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Competitor or, **if under 18**, Parent/Legal Guardian