



Self-Transcendence Race Series • 2013

London • Battersea Park

.....
Your chance to face the challenge.
Friendly atmosphere, great competition.
For your first race or your fastest.
Come and transcend yourself!



..... register online:
www.runbeco.me/scraces

Saturdays 10 Mile

Start: 8am

2 Mar (SMA)
9 Nov (SMB)

10K

23 Mar (SKA)
15 Jun (SKB)
13 Jul (SKC)
3 Aug (SKD)
19 Oct (SKE)
30 Nov (SKF)
(Start 8.30 am)

Mondays

Start: 7pm

5K

3 Jun (M5A)
10 Jun (M5B)
24 Jun (M5C)
1 Jul (M5D)
22 Jul (M5E)
29 Jul (M5F)

2 Mile

17 Jun (M2A)
15 Jul (M2B)

3x1 Mile (Relay)

8 Jul (R3A)
5 Aug (R3B)

Race HQ: South Carriage Drive, Battersea Park, SW11 4NJ

Located within the park in the middle of Rosary Gate Car Park
Access by car via Rosary Gate at corner of Prince of Wales Drive and Queenstown Road



Google Maps



runbeco.me/rcemp

Facilities: Water station, toilets, baggage area, showers (at the track)

Minimum age: 2/1M 11 yrs | 5K 13 yrs | 10M 16 yrs | 10K 15 yrs

Parental consent required for entrants under 16 years of age

Fees:

2M	£5.50 (Club £3.50)
5K	£6 (Club £4)
Relay	£10.50 per team of 3
10K	£10 (Club £8)
10M	£10 (Club £8)

Saturday on-day entries: £1 extra

Cheques payable to: Run and Become (Post to 42 Palmer Street, London SW1H 0PH – Please enclose email address or SAE for confirmation). Postal closing date 4 days prior to race. For maps and further details please see website. Organised by Sri Chinmoy AC in conjunction with Run and Become, under UK Athletics rules. All courses UKA Certified Accurate. Road Race Permits applied for.

www.runbeco.me/scraces

IMPORTANT! (Pre-registration only)

Please fill in 3 letter race code shown next to the race date on reverse side

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Amount £

Club (UKA affiliated)

Date of Birth

DD

MM

YY

Age

Female

Male

Surname

Name

Emergency Contact (name & phone no)

Address

Email

Date & Signature



Medical disclaimer: I consent to personal and medical details being released by the medical team to the race organizer to inform next of kin and statutory authorities in the event of a medical emergency. I attest that I am physically fit and sufficiently trained for the completion of the above event. I waive and release the Sri Chinmoy Athletic Club and their representatives for any and all injuries suffered by me in the said event.

Fine print: We promise to keep your information safe and not to share it with anyone else! From time to time we would like to send you information about Run and Become's free running workshops, clinics and offers. Only the good stuff. In case you are totally allergic to awesome newsletters, simply tick here.