Self-Transcendence

24 Hour Track Race • 2013

21-22 September • Start 12 noon • Tooting Bec, London

A Bronze Label event organised by Sri Chinmoy AC to RRC and IAU standards regarding measurement of circuit, lap counting and ratification of records.

Entry is limited to 45 runners. In the event of more than 45 applications being received, the competitors will be selected on the basis of previous experience and potential.

Entries close on 15th July. Selection will be confirmed by 5th August.

Registration Fee: £49 (Running club members £47)

To register please send your application form and cheque to:
Run and Become | 42 Palmer Street | London, SW1H 0PH

For more information please email: **races@runandbecome.com**
or visit the 24 Hour Race website: **www.runbeco.me/24h-race**

The determination in your heroic effort will permeate your mind and heart
Even after your success or failure is long forgotten.

– Sri Chinmoy

Run and Become
www.runandbecome.com

www.runandbecome.com
www.uk.srichinmoyraces.org

Amount Payable £ ..... **I am a member of Road Running Club (RRC)** ☐

1st Claim Club .....

Surname ..... **Name** .....

Address .....

City & **Postcode** .....

Country ..... **Nationality** .....

Date of Birth DD | MM | YY ..... **Age** ..... **Female** ☐ **Male** ☐

Email .....

Day/Home phone .....

Mobile .....

24h Personal Best ..... **Event** & **Year** .....

Ultra Experience – Please list a selection of events over the past 5 years incl. times and distances

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I declare that I am an amateur as defined by UK Athletics. I will be at least 21 years of age on 21 Sept 2013. I will abide by the laws and rules for competitions of the IAAF and UK Athletics, and I will obey the instructions of the race officials. I understand that the organisers will not be liable for any loss, damage, action, claim, costs or expenses that may arise in consequence of my participation in the event. I will retire if asked by an official to do so. In consideration of this entry being accepted, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, do waive and release the Sri Chinmoy Athletic Club and their representatives for any and all injuries suffered by me in the said event. I attest and verify that I am sufficiently trained for the completion of this event. Furthermore, I will not compete in this race unless I am in good health on the day of the race and that, in any event, I will compete at my own risk.

Date .....

Signature .....