



**SRI CHINMOY**  
**marathon team**



**Run and Become**  
**Become and Run**

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London's Specialist Running Shop

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## SELF TRANSCENDENCE 24 HOUR TRACK RACE

**25<sup>th</sup>-26<sup>th</sup> September 2010**

**Tooting Bec Track Start: 12 noon**

**Tooting Bec Road, London SW17**

### STATUS OF THE EVENT

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

### VENUE & FACILITIES

- 400m. outdoor all weather 'Tartan' track with floodlighting.
- Ample changing rooms and showers together with rest facilities immediately adjacent to the track.
- Light refreshments trackside, including tea, coffee, juice, electrolytic drinks, biscuits, chocolate, fruit and sandwiches
- Hot meals available at 1pm, 8pm, 6am and at Post Race Function.
- Medical back up available for the duration of the race.
- Team of lap counters to record every lap for each runner. Split times will be taken at 100K and 100 Miles.

**AWARDS** Trophies will be awarded to the first seven finishers, the first two veterans over 60 in both male and female categories. Medals and certificates will be presented to all finishers. All awards will be presented at the Post Race Function.

### ENTRIES

Entries will be limited to 45 runners. In the event of more than 45 applications being received, the competitors will be selected on the basis of best distances achieved in previous comparable races.

**Entries close on Monday 9<sup>th</sup> August. Runners will be notified by 20<sup>th</sup> August.**

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### ENTRY FORM

**ENTRY FEE £27 (£29 if unaffiliated)**

Please make cheques payable to Run and Become. International runners can pay on race day.

First Name \_\_\_\_\_ Surname \_\_\_\_\_ Nationaliy \_\_\_\_\_ Male/Female

Address \_\_\_\_\_

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

Telephone: Home \_\_\_\_\_ Work \_\_\_\_\_ 1<sup>st</sup> Claim Club \_\_\_\_\_

Email \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on race day \_\_\_\_\_

### Best Performance at 24 Hours:

Year \_\_\_\_\_ Event \_\_\_\_\_ Time/Distance \_\_\_\_\_

No. of completed 24 Hours \_\_\_\_\_ Any other relevant experience:

I declare that: -

I am an amateur as defined by UK Athletics, and will be at least 21 years of age on 25<sup>th</sup> September 2010. I will abide by the laws and rules for competitions of the I.A.A.F and UK Athletics, and that I will obey the instructions of the Championship 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. Further more 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.

Signed.....Date.....

Send to: **RUN AND BECOME, 24-HOUR RACE, 42 PALMER ST, LONDON SW1H 0PH. Telephone 020 7222 1314**

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

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