



SRI CHINMOY
marathon team



Run and Become
Become and Run
London's Premier Running Shop
www.runandbecome.com

SELF TRANSCENDENCE 5k Races



Monday 24th MAY , 28th JUNE , 19th JULY , 9th AUGUST 2010

Start Time 7pm

South Carriage Drive, Battersea Park, SW11 4NJ

- **RACE HQ** *NEW LOCATION* Situated at the far end of Rosary Gate Car Park, within the Park. Vehicular entrance is through Rosary Gate at corner of Prince of Wales Drive and Queenstown Road. Registration from 6pm. Please arrive by 6.50 latest. For course map see website.
- **FACILITIES** Water station with water, orange squash and energy drinks. Toilets, baggage area, showers at the track - cost £2. Free parking in Car Park.
- **AWARDS** Medals to first seven men and women u/50, first three men and women o/50, first two men and women o/60, and first man and woman o/70.

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.UK.SRICHINMOYRACES.ORG

Email: Races@runandbecome.com



ENTRY FORM: SELF TRANSCENDENCE 5K.			Date:		
Entry Fee: £4 attached, £6 u/a. Minimum age 13 years Parental consent required for entrants under age 16			Start time: 7pm		
SURNAME		FIRST NAME			
ADDRESS		MALE/FEMALE			
		DATE of BIRTH		AGE	
CLUB (AAA Affiliated)		EA / SA /WA no.			
EMAIL					
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.					
SIGNATURE		DATE			
Send to: RUN AND BECOME, 42 Palmer Street, London SW1H OPH, Tel. 020-7222-1314 Cheques payable to: Run and Become (Please enclose a stamp-addressed envelope/email address for confirmation) Postal closing date 5 days prior to race. Online entry at http://tiny.cc/qlx0m					
<input type="checkbox"/> Data Protection: we will not pass your details onto any third parties, if you do not wish to be on our email list please tick here					