



SRI CHINMOY
marathon team



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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 under UK Athletics Rules. Road Race Permits applied for]

WWW.UK.SRICHINMOYRACES.ORG

Email: Races@runandbecome.com



ENTRY FORM: SELF TRANSCENDENCE 5K.

Date:

Entry Fee: £4 attached, £6 unattached

Minimum age 13 years

Start time: 7pm

SURNAME		FIRST NAME	
ADDRESS		MALE/FEMALE	
		DATE of BIRTH	
CLUB (AAA Affiliated)		AGE	
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	
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Send to: RUN AND BECOME, 42 Palmer Street, London SW1H 0PH, Tel. 020-7222-1314
Cheques payable to: **Run and Become** (Please enclose a stamp-addressed envelope)
Online entry at www.runnersworld.co.uk/events

