



SRI CHINMOY
marathon team



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SELF TRANSCENDENCE Saturday Races 2010

10K 12th June , 17th July , 9th October
10Mile 6th March , 3rd July , 11th September
5K 30th October

Start Time: 10K & 10 Mile 8am, 5K 9am
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 7am (5K 8am).
- **ENTRY FEE** £8 for attached runners, £10 for unattached runners, 5K £4, £6 u/a. £1 extra on the day. Minimum age 10K 15 years, 10Miles 16 years, 5K 13 years.
- **COURSE** Loops of a lap within the park, flat and traffic free. For maps see website.
- **FACILITIES** Water station with water, orange squash and energy drinks. Toilets (open from 7.30am), baggage area, showers at the track - cost £2. Parking costs £2 from 9am onwards (can be paid in advance i.e. prior to start of race).
- **AWARDS** Trophies 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 Saturday Races

Date:

Entry Fee: 10K&10M £8 attached, £10 unattached. **5K** £4, £6 u/a

START TIME: 10K&10M 8am, 5K 9am

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