

# THE 12<sup>th</sup> BUSHY PARK TRAIL RUN

*Cross Country Races in Bushy Park, Hampton Wick, Middlesex.*

**Sunday 28<sup>nd</sup> March 2010. Races start 10:45 am.**

Start, finish, changing, refreshments, licensed bar and the race H.Q. are at Hampton Wick Royal Cricket Club near to the Kingston Bridge entrance to the park in Sandy Lane.

*Please note: competitors must park outside of the Park or at the main car park by Diana Fountain.*

**Junior Race 10:45 start\*** 2.4 miles for Juniors under 17 on 31 August 2009. This race includes a team competition based on the cumulative time of the first four finishers in each team. Please indicate team name below.

\*younger children who may have to stop/walk must be accompanied by an adult

**Senior Race 11:15 start** 4.8 miles for Seniors, Vets & Juniors over 17 on 31 August 2009.

Senior Race Prizes:

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Men and Ladies

1<sup>st</sup> M40, M50, M60 etc.

1<sup>st</sup> F35, F45, F55 etc

Junior Race Prizes:

1<sup>st</sup> in each category U11 - U17

Team Prize for first three teams.

Spot Prizes too!

**Organised by**



**Entries and results by**



**Memento to all finishers!**

**Enter online with no surcharge at [www.stragglers.org](http://www.stragglers.org)**

Entry Fees

Seniors & Vets £7.00

Juniors £3.50

Limited entries on the day + £2.00

Cheques payable to: The Stragglers

**Entry fee includes all mailing.**

**Don't send an SAE.**

Send postal entries to:

Bushy Park Trail Run

C/O Sport Systems

Regency House

61 Walton Street

Tadworth

KT20 7RZ

Entry form. Please print legibly. - someone else has to read it!

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ Male / Female: \_\_\_\_\_

Town: \_\_\_\_\_

County: \_\_\_\_\_

☎ Home: \_\_\_\_\_

Postcode: \_\_\_\_\_ *Please include full postcode* ☎ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Club \_\_\_\_\_ *Please use full club name*

*I am affiliated to England Athletics (Please circle):*    Yes                      No

Race Entered: (Please tick one and enter team name if appropriate)

2.0 miles for Juniors under 17

Team Name: \_\_\_\_\_

4.8 miles for Seniors, Vets and Juniors over 17

Office use only

**If you are looking to join a running club visit [www.stragglers.org](http://www.stragglers.org)**

Please enter me for the appropriate race in the Bushy Park Trail Run. I am medically fit and enter at my own risk. I understand that the organisers will in no way be held responsible for any injury, illness, accident or loss of property during or as a result of the event.

I enclose a cheque for £ \_\_\_\_\_ made payable to The Stragglers.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Parent / Guardian to sign if under 18 years old.