



BEDFORD HARRIERS' OAKLEY 20 MILE

Sunday 28th March 2010 - 10.00am

Lincroft Middle School, Station Road, Oakley, Bedford MK43 7RE



- **Closing date for postal entries Thursday 18th March 2010**
- **No entries on the day**
 - Course measurement certificate number - TBA
 - Race permit number - ARC 10/22
 - Race entry limit 1000
 - Not suitable for wheelchair competitors
 - Last posting out date (1st class) for information packs & race numbers Monday 22nd March 2010
 - No late starters
 - There is a 4-hour time limit on the Oakley 20
 - Marshals progressively withdrawn based on 12 minutes per mile, no competitors behind sweep vehicle
 - ARC rules will be applied
- **Incorporating Beds AAA 20 mile Road Race Championship - Entries on the day.**
- **Start and finish at Lincroft Middle School, Station Road**
- **Undulating 20 mile course around North Bedfordshire Villages**
 - Memento to all finishers
 - All category prizes, team awards and spot prizes
 - Parking
 - Changing, showers
 - Secure baggage
 - Hot & cold refreshments
 - Massage
 - First aid provision by St John Ambulance
- **3K FUN RUN**
 - Starts 10:15am
 - Over 9 Year olds only
 - Entries on the day only - fee £2.50

www.bedfordharriers.co.uk : hello@bedfordharriers.co.uk

PLEASE COMPLETE IN BLOCK CAPITALS

Surname: _____ D.O.B: _____

Forename: _____ ARC/UKA Club: _____

House/Flat No: _____ E-mail address: _____

Street/Rd Name: _____ Age on race day 28/03/2010: _____

Town: _____ Tel No: _____

County: _____ Postcode: _____ Gender: M/F

Please accept my entry for the Bedford Harriers Oakley 20. I am over 18 years and medically fit to compete. I accept that I enter at my own risk and that the organisers will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in this race. I consent that my details will be used for the purposes described in the Bedford Harriers entry on the Data Protection Register. I will abide by the ARC Rules of Competition. No refunds under any circumstances.

ENTRY FEES: ARC/UKA affiliated club members - £17.50 Unaffiliated- £19.50

Cheques payable to - Bedford Harriers A.C. (SAE is not required)

Signed: _____ Date: _____

Send entries to: BH20, 67 Pendennis Road, Bedford MK41 8NJ • Tel (01234) 307013