

# RAF HENLOW 10 MILE ROAD RACE

Wed 17 OCT 12



AT  
RAF HENLOW

By kind permission of  
Wg Cdr P J Marshall  
Officer Commanding  
Royal Air Force Henlow

**SPONSORED BY RAFA**



## INTRODUCTION

1. Royal Air Force Henlow will host the 60<sup>th</sup> Henlow 10 Mile Road Race on Wed 17 Oct 12. This year is the 29<sup>th</sup> time that the event has also been designated as the RAF 10 Mile Road Race Championships. The course is an undulating 'A – B' course on public roads through the Bedfordshire Countryside. The race is open to both military and civilian runners.

## ENTRY AND FEES

2. There will be a non-returnable entry fee of £15.00 for RAF and affiliated club runners and £17.00 for unaffiliated runners; entries must be received by 12 Oct 12. No entries on the day will be accepted. **The number of runners is restricted to a maximum of 300.** Cheques are to be made payable to SFAS RAF Henlow (Henlow 10 A/C) and must be sent with the entry form and a SAE to Henlow 10 Road Race, PEd Flt, RAF Henlow, Bedfordshire, SG16 6DN.

## AWARDS/PRIZES

3. Winners' trophies will be awarded to those who finish in the following categories:

a. **RAF Road Race 10 Mile Championships:**

<i>1<sup>st</sup> – 3<sup>rd</sup></i>	<i>Senior Lady</i>
<i>1<sup>st</sup> – 3<sup>rd</sup></i>	<i>Senior Man</i>
<i>1<sup>st</sup></i>	<i>Veteran Lady</i>
<i>1<sup>st</sup></i>	<i>Veteran Man</i>
<i>1<sup>st</sup></i>	<i>Junior Man</i>
<i>1<sup>st</sup> &amp; 2<sup>nd</sup></i>	<i>Senior Mens' Team (4 per team)</i>

b. **RAF Henlow 10 Mile Road Race:**

<i>1<sup>st</sup> – 3<sup>rd</sup></i>	<i>Individual Ladies</i>		
<i>1<sup>st</sup> – 3<sup>rd</sup></i>	<i>Individual Men</i>		
<i>1<sup>st</sup> Female</i>	<i>35 – 44</i>	<i>1<sup>st</sup> Male</i>	<i>40 – 49</i>
<i>1<sup>st</sup> Female</i>	<i>45 – 54</i>	<i>1<sup>st</sup> Male</i>	<i>50 – 59</i>
<i>1<sup>st</sup> Female</i>	<i>55 – 64</i>	<i>1<sup>st</sup> Male</i>	<i>60 +</i>
<i>1<sup>st</sup> Female</i>	<i>65+</i>		

4. All finishers will receive a commemorative T-shirt and a training bottle.

## RACE RULES

5. The race will be run in accordance with British Athletics Federation Rules.

## TIMINGS

6. Timings for the event are as follows:

Registration (Gymnasium)	0900 – 1115 hrs
Course Brief	1130 hrs
Runners board coaches	1145 hrs
Runners arrive at Start	1205 hrs

Race begins	1230 hrs
Presentation Ceremony	1530 hrs

## **REPORTING PROCEDURE**

7. **To satisfy Station Security Procedures you will be required to provide suitable photo identification (Military ID, Passport or Photo-card Driving Licence) if you do not have any of these forms of identity you will be refused entry to RAF Henlow.** Personnel arriving for the race should report to the Main Guardroom where directions will be given to the race car park, changing facilities and registration. Directions to RAF Henlow can be found on the website: <http://maps.google.co.uk/maps?hl=en&tab=wl> Enter RAF Henlow. Race numbers will be issued at registration on the day.

## **REFRESHMENTS**

8. Food and refreshments will be available at a small additional cost.

## **ACCOMMODATION**

9. Transit accommodation and messing is not available at RAF Henlow. Participants are advised to travel on the day of the race if possible, or make their own accommodation and messing arrangements.

## **FURTHER INFORMATION**

10. Further information can be obtained from the Henlow 10 Project Officer, Flt Lt Kerr 95381 6011 or Sgt Rob Lowson on (H)6191, E.mail: [LOWSONR525@HENLOW.RAF.MOD.UK](mailto:LOWSONR525@HENLOW.RAF.MOD.UK)



Royal Air Force Henlow



# RAF HENLOW 10 MILE OPEN ROAD RACE 2012 Including the RAF Championships

**Wed 17 Oct 12 – 1230hrs Start**

Start: Old Warden Aerodrome – Finish: Race HQ (Station Gymnasium) RAF Henlow – Free Parking and Transport Provided to Race Start. Coaches leave Race HQ at 1145hrs prompt! Baggage can be left on coaches to be collected back at Race HQ.

An undulating ‘A – B’ course on public roads through the Bedfordshire countryside. Accurately measured course (SEAA permit), mile markers, 3 water stations, baggage facilities (kit bags/labels provided), changing/hot showers, medals / T-shirts for all finishers, prizes for all age groups and trophy presentation at 1530hrs approx within the station gymnasium.

**Entry fee - £15 for RAF personnel and affiliated club runners  
£17 unaffiliated, Closing Date 12 Oct 12**

**UNFORTUNATELY NO ENTRIES ON THE DAY WILL BE ACCEPTED**

**Maximum number of runners 300**

**Refreshments will be available at a small additional fee.**

**NAME.....**

Rank/ Title	First Name	Surname	RAF Championships Serving Members Yes/No	Male/ Female	DoB	Race Category (MV etc)

Please type or use BLOCK CAPITALS throughout.

Winners’ trophies will be awarded to the following finishers:

*1<sup>st</sup> – 3<sup>rd</sup> Individual Men*

<i>1<sup>st</sup> Male</i>	<i>40 – 49</i>
<i>1<sup>st</sup> Male</i>	<i>50 – 59</i>
<i>1<sup>st</sup> Male</i>	<i>60 +</i>

*1<sup>st</sup> – 3<sup>rd</sup> Individual Ladies*

<i>1<sup>st</sup> Female</i>	<i>35 – 44</i>
<i>1<sup>st</sup> Female</i>	<i>45 – 54</i>
<i>1<sup>st</sup> Female</i>	<i>55 – 64</i>
<i>1<sup>st</sup> Female</i>	<i>65+</i>

I enclose a cheque/cheques for £ ..... payable to SFAS RAF HENLOW (HENLOW 10 A/C) and an SAE. Please send to: Henlow 10 Road Race, PEd Flt, RAF Henlow, Bedfordshire, SG16 6DN

**Indemnity:** I fully understand that I am entering the RAF Henlow 10 Road Race at my own risk and that RAF Henlow, the organisers of the race, nor the officials appointed by them shall, under any circumstances, be liable for any injury, damage or loss sustained in the course of or in connection with this event. I will be over 18 yrs of age on 17 October 12. I am an amateur as defined by UK athletics rules.

My contact details:

..... Signed: .....

..... Name: .....

Tel No: ..... Please provide vehicle details on the attached sheet.

Organisers use only:

Paid Receipt No	Entered in Master	Total	Race Numbers	Team Reference

## **HENLOW 10 ROAD RACE - CAR PASS PROFORMA**

If you plan to bring your car to the Henlow 10 Road Race on 17 Oct 12, it is essential that you complete and return this form by 12 Oct 12 to:

Henlow 10 Road Race  
PEd Fit  
RAF Henlow  
Beds  
SG16 6DN

Make \_\_\_\_\_ Model \_\_\_\_\_ Colour \_\_\_\_\_

Registration Number \_\_\_\_\_

### **PASSENGER DETAILS**

Driver's Name \_\_\_\_\_ Rank/Title \_\_\_\_\_

Service Number (if applicable) \_\_\_\_\_

Passengers' Names (if applicable)

_____	_____
_____	_____
_____	_____