



UKA Permit  
2009-100300

# LONDON HEATHSIDE 5 MILE ROAD RACE

(Under UK Athletics rules – course certificate No. SEAA 01/096)

**11.00 a.m. Sunday 7<sup>th</sup> March 2010**  
**Finsbury Park, London N4**

supported by

**bike  run**

TRIATHLON RUNNING CYCLING ADVENTURE RACING

- ◆ Cash prizes for the first 3 men and first 3 women
- ◆ 1<sup>st</sup> veteran in each category
- ◆ 1<sup>st</sup> men's and women's teams (3 to score)
- ◆ Commemorative T-shirt to all finishers

**£250 BONUS for new course records – currently 23:42 (Bashir Hussain – Stockport Harriers) and 27:09 (Andrea Whitcombe - Parkside (Harrow) AC)**

*\*Traffic-free course*

*\*Changing / showers available    \*Children's play area near to finish*

Complete and return this form with cheque or postal order made payable to "London Heathside AC" for £7.00 (England Athletics affiliated club members) or £9.00 (non-affiliated runners) together with SAE to: S. Woolf, 69 Corbyn Street, London N4 3BY. Entries on the day: £8.00 (EA)/£10.00 (non-EA)

<b>Forename</b>		<b>Surname</b>	
<b>Address</b>			
		<b>Postcode</b>	<b>Date of birth</b>
<b>*Email Address:</b>			
<b>Preferred T-shirt size (S, M, L, XL):</b>		<b>(subject to availability)</b>	
<b>Age on 7/3/10 (minimum 15 yrs)</b>	<b>Male or female</b>	<b>Cheque/PO enclosed for £</b>	
<b>Name of England Athletics affiliated club (if applicable)</b>			
<b>England Athletics Registration No:</b>			

I am entering the race by my free choice and at my own risk and am aware that running can be a hazardous activity. I will not compete unless medically fit to do so on the day and understand that I may be putting my health at risk if I am not capable of running the distance of the race in the prevailing conditions. I accept that the organisers are not responsible for any injury loss or damage suffered in connection with the race.

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

\* Your email address may be used by London Heathside ONLY to contact you in the future. If you do not wish to receive emails from London Heathside, please tick here: