**Concorde Five Mile – Sunday 9th June 2013.**

**Start 10:30am. Kids Fun Run 10:00am**

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| **Race Headquarters** | Concorde Club, Crane Lodge Road, Heston, Middlesex, TW5 9PQ (near to M4, Junction 3). For location details on the Internet:  <http://ftp.baclubs.com/documents/London/Club/ba_clubs_how_to_find_us.pdf> or use the postcode TW5 9PQ.  Both race starts are in Cranford Park, which is a 10 minute walk down Church Lane away from the Race Headquarters.  NOTE: **NO DOGS ALLOWED AT CONCORDE CLUB** |
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| **Facilities** | Concorde Club with changing rooms, showers, toilets and good parking facilities. Bar and refreshments available at the prize giving. Carvery lunch (approx £10, children £6) available afterwards. |
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| **Race Prizes** | Concorde Five Mile - £500 Prize Fund(Course accurately measured and UKA race number applied for) **Men** – First 3 finishers, First 3 Vets (Over 40), 1st V50, 1st V60.  **Ladies** – First 3 finishers, First 3 Vets (Over 35), 1st V45.  Affiliated Team Prizes (3 to score Men & 3 to score Women).  LBH Medals awarded to LBH teams, according to rules.  Cash prizes awarded will be in running vouchers.  Plus a special Concorde 5Mile Race Memento to every finisher. |
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|  | Fun Run Medal to every paying finisher. |
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| **Entries** | Concorde Five Mile - Subject to 400 limit Entry fee in Advance £12.00\*  On the Day £14.00\*  **\*** £2.00 discount on the above fees if you are a registered member of England Athletics and supply your registration number. |
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|  | 0.5k Fun Run All Participants £1.00. Accompanying adults FREE.  Please note free Accompanying adults will not receive a medal. |
|  |  |
| **Send to** | All entries received by 1st June 2013 will be acknowledged with race number and course map. Send a **Stamped Addressed Envelope (preferably 9” x 6” – remember to use a ‘Large’ stamp if bigger)**, together with your cheque or postal order made out to **‘British Airways Clubs (Athletics)’** to: Alastair Heslop, 20 Ennismore Avenue, Guildford, Surrey GU1 1SR. |

CONCORDE ‘OPEN’ FIVE MILE &

FUN RUN ENTRY FORM

# For official use only (W)

Cheque | Cash | £ \_\_\_\_\_\_\_\_

Race Number

Which event are you entering?

## Concorde 5M 0.5K Fun Run

Surname

First Name

Male Female

Date of Birth Age on race day

D

D

M

Y

M

Y

Y

Y

Address

Post Code

Phone Number

Email

Affiliated Club

England Athletics Registration Number

LBH Club

£ :

Entry Fee

I would like to reserve spaces for adults and children at the carvery lunch and will settle my own bill.

I declare that: I agree to abide by the regulations governing the event and to obey the directions of police and marshals. I understand that I enter this race at my own risk and I will not hold the promoter or British Airways responsible for any loss or injury resulting from my participation. Furthermore, I will only compete if I am fit and well.

Signed Date

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|  | We would like to keep you informed of future events. We will not pass your email address on to any other organisation. Please tick the first box if you **DO** want to be informed of club special events like next year’s Concorde race. Please tick the second box to **be added** to our distribution list for weekly running related updates. |