**Concorde Five Mile – Sunday 5th June 2016**

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

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| **Event** | Concorde Five Mile Road RaceFast, accurately measured course, UKA ref. 2015-14179. Run under UK Athletics Rules of Competition which now ban the use of headphones. |
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| **Race Headquarters** | Imperial College Heston Venue Sports Ground (Concorde Club), Crane Lodge Road, Heston, Middlesex, TW5 9PQ (near to M4, Junction 3). For location use the postcode TW5 9PQ.  Both race starts are in Cranford Park. This is a 10 minute walk down Church Lane away from the Race Headquarters.  NOTE: **NO DOGS ALLOWED AT RACE HQ** |
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| **Facilities** | Heston Venue (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** | **Men** – First 3 finishers, First 3 Vets (Over 40), 1st V50, 1st V60.  **Ladies** – First 3 finishers, First 3 Vets (Over 35), 1st V45.  (additional categories may be added depending on entrants)  Affiliated Team Prizes (3 to score Men & 3 to score Women).  LBH Medals awarded to LBH teams, according to rules.  £500 Prize Fund awarded in running vouchers.  Plus a special Concorde5Mile 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. |
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| **Send to** | All entries received by 28th May 2016 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 Athletics Club’** 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 5Mile Fun Run (up to 1k)

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, British Airways or Imperial College Heston 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 mark the first box if you **DO** want to be informed of club special events like next year’s Concorde race. Please mark the second box to **be added** to our distribution list for weekly running related updates. |