



UKA License No.  
2019-38013

# BEDS AAA 10K

SEAA: 12/311

**Friday 19<sup>th</sup> July 2019 Start 7.30pm**  
**INCLUDING THE BEDS COUNTY 10K ROAD CHAMPIONSHIP**

**Promoted by Bedfordshire AAA**

**Supported by UP & RUNNING Milton Keynes**

**Race HQ: Bedford International Stadium, Barkers Lane, Bedford. MK41 9SB**

A traffic free, fast and flat 10k road race on cycle ways east of Bedford. Start and finish at Priory Marina. A PB potential course. Course map on our website at <http://www.bedfordshireaaa.org.uk/>

Trophies 1<sup>st</sup> 3 Men, 1<sup>st</sup> 3 Ladies, 1<sup>st</sup> MV40, 1<sup>st</sup> MV45, 1<sup>st</sup> MV50, 1<sup>st</sup> MV55, 1<sup>st</sup> MV60, 1<sup>st</sup> MV65, 1<sup>st</sup> MV70,  
1<sup>st</sup> LV35, 1<sup>st</sup> FV40, 1<sup>st</sup> FV45, 1<sup>st</sup> FV50, 1<sup>st</sup> LV55, 1<sup>st</sup> LV55, 1<sup>st</sup> FV60, 1<sup>st</sup> FV65  
1<sup>st</sup> Men's Team (4 team), 1<sup>st</sup> Ladies' Team (3 team).

Runners are entitled to ONE individual trophy ONLY.

Medal to all finishers

Level 1 Medical Cover – St John Ambulance. Parking, male and female changing & toilets, baggage store

Stadium BAR open for post-race refreshments!

**YOU CAN ALSO ENTER ONLINE. GOTO <http://www.bedfordshireaaa.org.uk/> FOR ONLINE ENTRY DETAILS**

**PLEASE NOTE THAT FOR YOUR AND OTHER'S SAFETY THE WEARING OF HEADPHONES IS NOT PERMITTED**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Age on day of race \_\_\_\_\_  
 \_\_\_\_\_ M / F \_\_\_\_\_  
 \_\_\_\_\_ Email \_\_\_\_\_  
 Post Code \_\_\_\_\_ Your Tel No. \_\_\_\_\_  
 Affiliated Club \_\_\_\_\_ Emergency Tel No: \_\_\_\_\_  
 Affiliated to England Athletics (EA) or the Association of Running Clubs (ARC) - otherwise state "Unattached"

**BEDS COUNTY 10k ROAD CHAMPIONSHIP ENTRY [ ] tick if entering the County Championships**

**Entry Fees:**

**Advance entries: Attached £10.00 Unattached £12.00**  
**Entries on the day: Attached £12.00 Unattached £14.00 (provided entry limit not reached)**

*Runners must be 15 years and over*

Please accept my entry for the Beds AAA 10k Road Race. I am over 15 and medically fit to compete. I accept that I enter at my own risk and that the organisation will in no way be held responsible for any injury, accident, loss or damage that may arise before, during of after the event as a consequence of my participation in the race. I will abide by the UKA rules of competition. No refunds will be given.

Data Protection: The race organisers use data supplied by participants to process entries, produce and classify results. All data (electronic and paper) will be stored securely. You agree that we may publish your Personal Information as part of the results of the event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Entries to: Beds AAA 10k Race Secretary, 34 Eagle Close, Leighton Buzzard, LU7 4AT**

Cheques made payable to "BEDS AAA". Please enclose a S.A.E. if you require acknowledgement of your entry & instructions.

You can view race instructions and list of runners on our website – <http://www.bedfordshireaaa.org.uk/>

**YOUR RACE NUMBER IS NOT POSTED TO YOU. PLEASE COLLECT YOUR RACE NUMBER ON THE DAY.**

**CLOSING DATE for Postal Entries – 13<sup>th</sup> JULY 2019 or earlier if 350 race limit is reached.**

Enquiries to [nigelbush@hotmail.com](mailto:nigelbush@hotmail.com)