

THE 11th BUSHY PARK TRAIL RUN

Cross Country Races in Bushy Park, Hampton Wick, Middlesex.

Sunday 22nd March 2009. Races start 10:45 am.

Start, finish, changing, refreshments, licensed bar and the race H.Q. are at Hampton Wick Royal Cricket Club near to the Kingston Bridge entrance to the park in Sandy Lane.

Please note: competitors must park outside of the Park or at the main car park by Diana Fountain.

Junior Race 10:45 start 2.0 miles for Juniors under 17 on 31 August 2008. This race includes a team competition based on the cumulative time of the first four finishers in each team. Please indicate team name below.

Senior Race 11:15 start 4.8 miles for Seniors, Vets & Juniors over 17 on 31 August 2008.

Senior Race Prizes:

1st, 2nd, 3rd Men and Ladies
1st M40, M50, M60 etc.
1st F35, F45, F55 etc

Junior Race Prizes:

1st in each category U11 - U17
Team Prize for first three teams.
Spot Prizes too!

Organised by



Memento to all finishers!

Enter online with no surcharge at www.stragglers.org

Entry Fees

Seniors & Vets £7.00
Juniors £3.50
Limited entries on the day + £2.00
Cheques payable to: The Stragglers
Entry fee includes all mailing.
Don't send an SAE.

Send postal entries to:

Bushy Park Trail Run
C/O Sport Systems
Regency House
61 Walton Street
Tadworth
KT20 7RZ

Entries and results by



Entry form. Please print legibly. - someone else has to read it!

First Name: _____ Surname: _____

Address: _____ Date of Birth: ____ / ____ / ____

_____ Male / Female: _____

Town: _____

County: _____ (Home: _____

Postcode: _____ *Please include full postcode* (Mobile: _____

Email: _____

Club _____ *Please use full club name*

I am affiliated to England Athletics (Please circle): Yes No

Race Entered: (Please tick one and enter team name if appropriate)

2.0 miles for Juniors under 17

Team Name: _____

4.8 miles for Seniors, Vets and Juniors over 17

Office use only

If you are looking to join a running club visit www.stragglers.org

Please enter me for the appropriate race in the Bushy Park Trail Run. I am medically fit and enter at my own risk. I understand that the organisers will in no way be held responsible for any injury, illness, accident or loss of property during or as a result of the event.

I enclose a cheque for £ _____ made payable to The Stragglers.

[EntryFormBPTR08.pdf]

Signed: _____

Date: _____

Parent / Guardian to sign if under 18 years old.