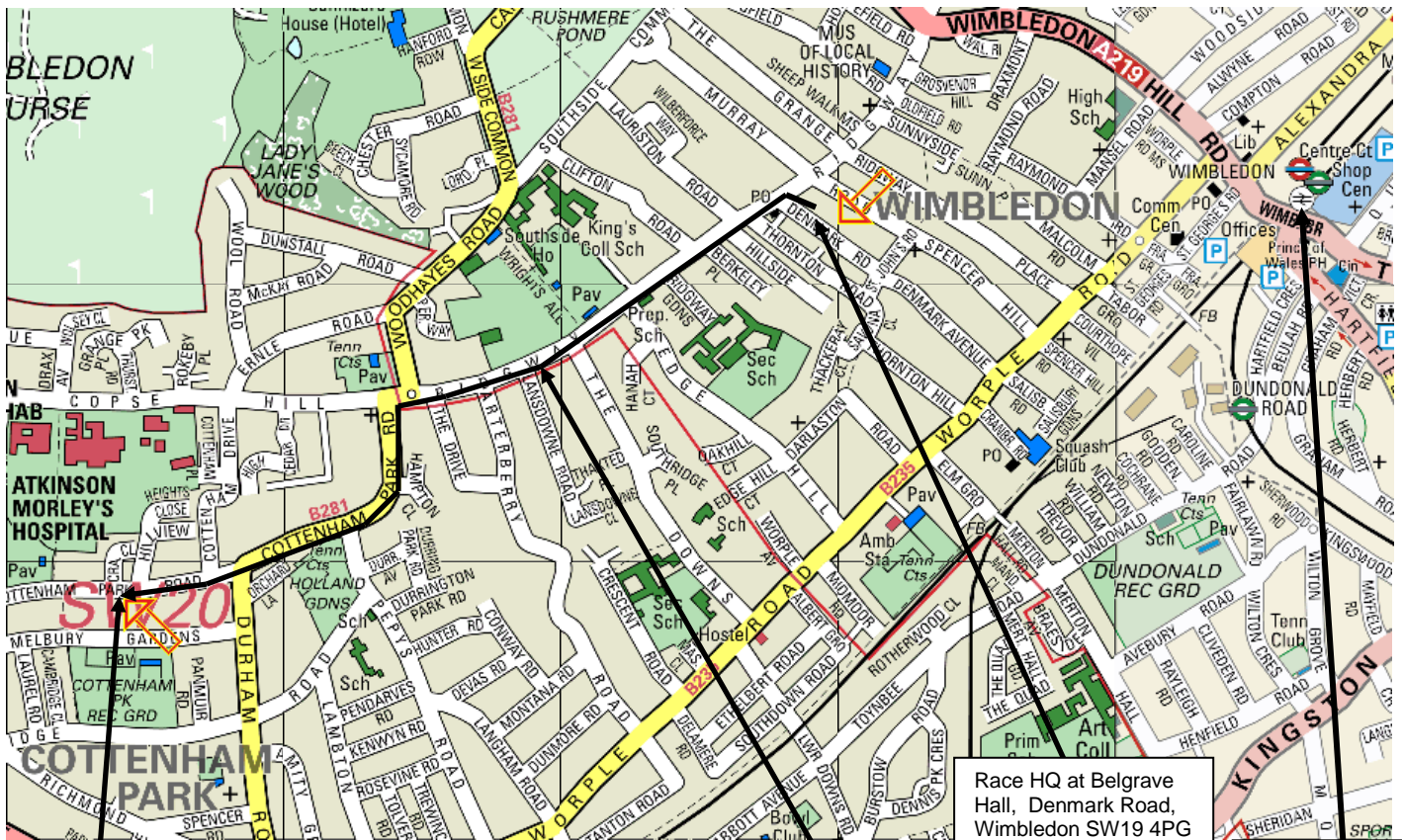


incorporating the **Surrey County 5km Road Race Championship**

Run under UK Athletics rules – SEAA Permit applied for – Starting and finishing in Cottenham Park Road, Wimbledon

Sunday 9th August 2009 – Start 10:00am

- The open 5km road race, incorporates the Surrey County Championship and the final race in the 2009 Surrey Road League series.
- Two lap course with kilometre markers.
- Changing, toilets, registration, presentation and refreshments at: Belgrave Hall, Denmark Road SW19 4PG, off Ridgway, Wimbledon (ten minutes jog from the start). Please be aware that there are no toilet facilities at the start and finish.
- Individual prizes in the Open Race will be presented by **2XU** for both men and women to the value of: 1st – £40, 2nd – £20, 3rd – £10.
- First team prizes will be presented by **2XU** for both men's and women's teams in the Open Race to the value of £30.
- Surrey County medals will be awarded for the first three individual places in the Surrey County A.A. Championship for Senior Men and Senior Women. Surrey County medals will also be awarded for first place only to Surrey County A.A. qualified veteran runners in the following age categories M40, M50, M60, W35, W45, W55.
- Surrey County team medals will be awarded for the first three men's and first three women's teams in the Surrey County A.A. Championship.
- In both the Open Team race and Surrey County Team race the result will be calculated using finish positions of the first three eligible runners from each club.
- Visit www.belgraveharriers.com for further downloadable entry forms, course map, latest information, entry list and race results. Email for enquiries – info@belgraveharriers.com.
- **2XU** will be at Belgrave Hall after the race for sales and to advise on the use of their range of compression clothing.
- Adidas clothing and shoes will be on sale after the race at reduced prices.



Start – please respect the property of the residents near the start. For them it's an ordinary Sunday morning. There are no toilet facilities at the start/finish

Route to the start from Race HQ – 10 minutes jog

Race HQ at Belgrave Hall, Denmark Road, Wimbledon SW19 4PG - changing, showers, toilets, refreshments, late entry, presentation, results

Wimbledon Station