



London@runandbecome.com

www.srichinmoyraces.org/uk

SELF TRANSCENDENCE 24 HOUR TRACK RACE

Saturday 18th and Sunday 19th October 2008

Tooting Bec Track

London SW17

12 NOON START

STATUS OF THE EVENT

The race is organised to RRC and IAU standards regarding measurement of circuit, lap counting and ratification of records. The race is organised by Sri Chinmoy A.C.

VENUE & FACILITIES

The race will be held on the track at Tooting Bec, Tooting Bec Road, London SW17. The track is 400m. outdoor all weather 'Tartan' with floodlighting. There are ample changing rooms and showers together with rest facilities immediately adjacent to the track. Light refreshments, including tea, coffee, juice, electrolytic drinks, biscuits, chocolate, fruit and sandwiches will be available on the track throughout the duration of the race. In addition hot food will be available at the main meal times (i.e. Saturday lunch, supper and Sunday breakfast). A hot meal will also be provided at the Post Race Function. Meals will be available for handlers at extra cost. Medical back up will be available for the duration of the race. A team of lap counters will record every lap for each runner. Split times will be taken at all major intermediary distances for the lead runners.

AWARDS Trophies will be awarded to the first seven finishers, the first three veterans over 50, the first two veterans over 60 and all lady finishers. Medals and certificates will be presented to all finishers. All awards will be presented at the Post Race Function.

ENTRIES

Entries will be limited to 40 runners. In the event of more than 40 applications being received, the competitors will be selected on the basis of best distances achieved in previous comparable races. **Entries close on Saturday 8th September. Runners will be notified by 19th September,** and will receive detailed race instructions and a list of competitors by post.



Sponsored by Run and Become Become and Run

SELF TRANSCENDENCE 24 HOUR TRACK RACE 208

ENTRY FORM

ENTRY FEE £27

This form may be recycled

Please make cheques payable to: Run and Become

First Name.....Surname.....Nationality.....Male/Female.....

Address.....

.....Post Code.....

Telephone: Home.....Work.....Email.....

Date Of Birth.....Age on race day.....1st Claim Club.....

Best Performance at 24 Hours:

Year.....Event.....Time/Distance.....

No. of completed 24 Hours.....Any other relevant experience.....

I declare that: -

I am an amateur as defined by UK Athletics, and will be at least 21 years of age on 6th October 2007. I will abide by the laws and rules for competitions of the I.A.A.F and UK Athletics, and that I will obey the instructions of the Championship Officials. I understand that the organisers will not be liable for any loss, damage, action, claim, costs or expenses that may arise in consequence of my participation in the event. I will retire if asked by an official to do so.

In consideration of this entry being accepted. I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, do waive and release the Sri Chinmoy Athletic Club and their representatives for any and all injuries suffered by me in the said event. I attest and verify that I am sufficiently trained for the completion of this event. Further more I will not compete in this race unless I am in good health on the day of the race and that, in any event, I will compete at my own risk.

Signed.....Date.....

Send to: **RUN AND BECOME, 24-HOUR RACE, 42 PALMER ST., LONDON SW1H 0PH. Telephone 020 7222 1314**

If this is your first 24 Hour Race please supply information on any completed ultras.

www.srichinmoyraces.org/uk

email: London@runandbecome.com