



**EARLY BIRD ENTRY FORM (Early Bird offer is from March 1st until 31st May )**

Windsor Women's 10k - Saturday 28th September 2019 Start Time: 10.00am

First name

Surname

Address

County

Postcode

Telephone No:

Date of Birth

E-mail address

**In case of Medical Emergency on Race Day you must provide us with:**

**Name of Emergency Contact:**

**Emergency Contact Phone Number:**

## Entry

**Standard Race Entry – Early Bird**

£25.50

**UKA Affiliated Athletic Club Member Entry – Early Bird**

£23.50

**Name of Club and UKA Affiliation Number:**

Timing Bands please tick appropriate box:

Sub 45 Mins

Sub 55 Mins

Sub 60 Mins

Sub 70 Mins

Sub 80 Mins

80 Mins Plus

Entering as a Team

- Why not get some of your friends to enter and run as a Team. You decide on a name and perhaps you might want to come in fancy dress. Just enter as normal and then each of you make sure that you put in the same Team name
- Prizes for 1st Team (lowest aggregate time of first 3 runners in the Team).
- Prize for best Fancy Dress.

Team Name

Enter The Generation Game

- Enter the "Generation Game" Mother & Daughter. You MUST Enter individually and tick the "Generation Game" box and write the name of your Daughter/ Mother who will be your partner. Minimum age is 15 years on day of race – NO maximum age limit!
- Prize for the 1st Mother/Daughter team to finish in lowest aggregate time.

Generation Game

**Mother/Daughter's Full Name**

## Merchandise

Free Race finisher T-Shirt

S

M

L

XL

XXL

Would you like to receive a text message as you finish the race? (free of charge) Yes  No

Mobile No:

**TOTAL**

£



RUNNING4WOMEN is the UK's No 1 website community for women who enjoy running and leading an active lifestyle. Our members are a friendly lot who run for fun, to keep fit, lose weight or to raise money for charity.

#### Course Description

A spectacularly beautiful course starts along the Long Walk in Windsor Great Park and travels past the Copper Horse and the Royal Lodge before emerging back at the top of the Long Walk. The finish is a wonderful 1.5k downhill looking straight towards Windsor Castle! The course is undulating but well worth it! You can find out more about the Event at: [www.windsorwomens10k.com](http://www.windsorwomens10k.com)

#### Race Rules & Regulations

- Entrants are required to abide by the Race Rules and marshals' directions. Entrants for the Windsor 10k must be amateur, and 15 years or older on race date. The race will be held under UK Athletics rules
- Entries to the Windsor 10k are personal to the applicant, entry fees are non-refundable and non-deferrable. Any runner who competes in another person's race number will be disqualified. UK Athletics rules state:  
"Numbers are issued to the individual athlete completing the application form except with the specific authority of the Race Organiser. Athletes who receive transferred numbers without permission will be disqualified from the race. Both runners will be subject to disciplinary action by the appropriate National Association."
- No refund can be given if the race has to be cancelled or postponed due to circumstances outside the race organisers' control.
- The race organisers reserve the right to refuse or cancel applications, including duplicate applications, or alter the date of the event, the course route or distance
- The race organisers, sponsors, charities, suppliers and/or their agents will not be liable for any injury, loss or expense which may arise in consequence of your participation in this event save as to negligence
- All runners are required to complete the personal, contact and health details form on the back of their race number.
- No wheeled vehicles (pram's, buggies etc), dogs, following cycles allowed.
- Although not recommended, personal stereos, iPods & mp3 players can be used at the Windsor Womens 10k. Windsor 10k follows UKA standards and strongly advise that you DO NOT wear in ear headphones or use audio devices during the race for your own safety, especially on road sections The Windsor Half is a 2-lap course and runners need to be able to hear our marshals who will ask the main field to move over as the faster runners and accompanying vehicles overtake them at speed on their second lap. We also occasionally need to get emergency vehicles along the course too. If you really can't run without headphones please use common sense and show a duty of care to others. However, we endorse the use of Aftershokz and similar bone conduction headphones as these provides a safe solution allowing participants to hear their surroundings as well as their music.
- Race marshals and medical team members have the authority to disqualify and remove any runner they consider to be acting dangerously, or to be unfit to compete
- Disqualified runners will be removed from the race results, banned from future Windsor 10k and reported to UK Athletics
- Team Rules – We do not require competitors to wear official club or team vests except for UK Athletics Affiliated Clubs. Team results will be based on cumulative times (not places)
- Runners are required to give assistance to fallen runners, and to report any casualties immediately to the nearest first aid post or race marshal.
- In the event of any dispute the decision of the Race Referee and Race Director shall be final
- Prize winners are only allowed to receive one prize. E.g. If a veteran runner finishes amongst the first 3 prize winners in the Open Race then she will not be eligible for the award in the veteran category.
- It is very important to wear your number clearly visible on the front of your running vest/t-shirt. Your number must not be altered in anyway or covered by any clothing/tri belt. Do not bend twist or fold your number.
- Runners are NOT required to register before the race.
- Check your bank statement for confirmation of acceptance
- Change of postal address, email address or telephone number(s) -If your postal address, email address or telephone number details change, then you must inform us as soon as possible by either changing your details online details of which were on your confirmation email or by emailing: [joanne@running4women.com](mailto:joanne@running4women.com). If this is not done, we cannot guarantee that you will receive all race communications.

**Data Protection: The Windsor Women's 10k complies with the Data Protection Act 1998 and you have the right of access to your personal records held on our computer. If you do not want your name made available to our sponsors, please tick the box. Opt out**

#### Declaration

**I have read the Rules and regulations and agree to abide with them. I also state that I am entering this race at my own risk and the organisers shall not be liable to any personal injury before, during or after the race.**

**Signed**

**Date**

Please check your details and make cheques payable to: Running4Women Ltd  
Send entries to: Running4Women Office, 64 Wildacres, Wollaston Stourbridge, DY8 3PH.  
Race Hotline: 01384 379028 Email: [joanne@running4women.com](mailto:joanne@running4women.com)

