



*Hermes Running
David & Melanie
Ross*

**THE THAMES MEANDER. 25th August 2012
(Held under UKA rules)**

- Venue: Marymount International School, George, Road , Kingston-upon-Thames, KT2 7PE.
- Course: 26.4 miles through Richmond Park and along the Thames riverside towpath (out and back course).
- Start: 9:30am sharp (no early starts).
- Registration: From 8:00am.
Route description issued at registration, Marshalls along the course, and route marked with flour.
- Limits: 250 entrants (Max).
- Entry Fee: £25.00 (proceeds to Charity).
- Facilities: Male & Female changing facilities, hot showers and toilets.
Baggage can be left in hall, and CCTV monitored.
- Awards: Medals & results to all finishers.1st, 2nd & 3rd Male / Female prizes.
- Equipment: Suitable clothing and footwear (trail shoes not necessary).
- Parking: Plenty, in the school grounds
- Restrictions: 6 hour limit.
- Refreshments: Free hot drinks (bacon sandwiches at a small charge -pre race).
Free tea ,coffee, juice and a piping hot meal (post race).
- Race drinks: Water, jelly babies, crisps and bananas on route (there will be at least 3 aid stations)
- Enquiries: For further information, contact Melanie Ross on 0778 8411912
melcelt@hotmail.co.uk or Dave Ross on 0798 454 0177 runningman67@hotmail.co.uk

Name Male/Female

Address

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Postcode Date of Birth Age (on day)

EA Affiliated club..... TRA/EA Mem No.....

Telephone (day) (evening)

Email Address

Special dietary requirements.....

Competitors must be 18 years of age on the day for the marathon. A signed form will be considered as a declaration that you will run entirely at your own risk and that you have no medical disabilities that would endanger you or others taking part. Entry fees are non refundable. In the event of cancellation, all proceeds will go to charity.

SIGNATURE DATE

Cheques should be made payable to: Hermes Running.
Send your entries to: The Thames Meander, 10 Wilmot House, 32 Eaton Road, Sutton, Surrey, SM2 5EF.