

The Wheathampstead 10K/2K Family Fun Run was set up in 2000 by one of the parents of Beech Hyde School as a fun and healthy way to raise funds for the school. What started as a small event - primarily for families of Beech Hyde and their friends - has gradually expanded over the years to become a huge community event.

Here are just a few things you can expect on the day :

- ▶ beautiful, challenging off-road 10K run – total escape from tarmac
- ▶ 2K fun run for children and their parents
- ▶ amusements for the children and family entertainment
- ▶ burgers and homemade cakes in abundance
- ▶ an event that the whole family can participate in

**"Delightful trail race boasting a friendly village feel, with some testing hills and muddy stretches thrown in for good measure"**

*review by RunnersWorld.co.uk*

"A very scenic course, a lovely village fete atmosphere and the 10K partnered with a well-supported 2K race for all of the family"

**"This race gets better every time I do it! The chip timing is a huge improvement. Lovely, lovely atmosphere, helpful, friendly marshalls"**

"Family atmosphere at this race, with lots for families to do while they wait for you to finish. Pretty cross-country course along cycle route and through woods. Steps, gate, edges of fields and lots of changes of direction mean it is not a fast race but you won't get bored!"

**"Great course, scenery and atmosphere, a race with something to challenge everyone – really, really enjoyed it"**

"Has grown year on year into a great local race and great to see that the course organisers continually look to improve and re-jig the route"

**"Well organised, great atmosphere, beautiful scenery  
Well worth doing. I'll be back next year."**

Feedback from previous runners  
(source: [www.runnersworld.co.uk](http://www.runnersworld.co.uk))

# WHEATHAMPSTEAD



# 10K



All proceeds in aid  
of Beech Hyde Primary  
School & Nursery



PLUS 2K FAMILY FUN RUN

## SUNDAY 20TH MAY 2012

Race HQ: The Memorial Hall, Marford Road, Wheathampstead, Herts AL4 8AY

**SCENIC RUN • OFF ROAD • ALL LEVELS  
BBQ • REFRESHMENTS • FAMILY ENTERTAINMENT**

Event sponsored by

**WHITE HOT**  
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[www.orderoflads.com](http://www.orderoflads.com)

[www.wheathampstead10K.co.uk](http://www.wheathampstead10K.co.uk)

ENTER ONLINE AT  
**RUNNERS**  
WWW.RUNNERSWORLD.CO.UK/ENTRY



**twitter**  
@Wheaty10k



**Website**

www.wheathampstead10K.co.uk

**Time**

**2K** - 10am  
**10K** - 11am

**Start:**

**2K** - Marford Playing Fields  
**10K** - Sheepcote Lane

**2K Late Entries:**

Open 9am

**Last Entries:**

20 mins before start

**Entry Fees:**

**2K** - £4 in advance, £5 on the day  
**10K** - £15 in advance only (Incl £5 donation)

Use Gift Aid and you can make your donation worth even more. If you pay UK income tax and/or capital gains tax, ticking the Gift Aid box will enable Beech Hyde to claim almost a third of the value of your donation at no extra cost to you. Simply complete this form full and tick the Gift Aid box, it's that easy.

**Awards:**

Medals to all children in 2K  
Medals to all finishers in 10K  
Category trophies

**Age limits (10K):**

16 unaccompanied  
14 accompanied by adult

**Age limit (2K):**

under 7's accompanied

**Restrictions:**

unfortunately neither course is suitable for wheelchairs

Timing chip will be sent out in the race pack in advance. Lost chips will be charged a £5 penalty on the day if a replacement is required.



**Entry Form**

BLOCK capitals please – one form per address

Name	DOB	Age on day	M/F	Club/Team/School House* Name	10K/ 2K	Gift Aid

\*House Name applicable to Beech Hyde pupils only

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_  
(determines Wheathampstead residency status)

Telephone (eve): \_\_\_\_\_ Mobile: \_\_\_\_\_

Email address: \_\_\_\_\_

We would like to be able to email you with details of future races. Please tick here if you do not want us to

We may wish to use your photograph in future publicity. Please tick the box if you do not want us to do this.

Total enclosed £ \_\_\_\_\_ (cheques payable to **BEECH HYDE ASSOCIATION**)

Disclaimer: I/we agree to abide by the rules of the event. I understand that we enter the race at our own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to any of us prior to, during or after the event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please enclose an A4 S.A.E (large letter rate stamp) to Wheathampstead 10K, 52 Marford Road, Wheathampstead, Herts AL4 8NQ.

**Closing Date For Postal Entries Saturday 12th MAY 2012.**  
Enquiries: Lyn Thompson on 07977 738514 or contact@wheathampstead10K.co.uk

<small>For official use only:</small>			
DR	C/H	B	GA