

Mountain Bike Cross Country Race – 15th March 09

Promoted By

West Drayton MBC

Sunday 15th March 2009– Black Park, Iver, Bucks

Our fifth event at this popular country park, a good technical, fast flat circuit ideally suited to beginners and intermediates. Promoted by the experienced West Drayton MBC, promoters of mountain bike racing since 1990.

Directions – Situated at Black Park Country Park, Iver Heath, Buckinghamshire, SL3 6DR, off Black Park Road at the junction with Rowley Road Approx 300yards North from the A412 Uxbridge to Slough Road.

Categories	YOUTH RACES – Under 10s, U/12's, U/ 14s and U/16 Note – age is taken as at 31st December 2009 FUN, BEGINNERS and SINGLE SPEED – 16 years upward. OPEN– 16 years upward all classes including novice/master/sports/Experts. VETERAN – from 1 st Jan in year in which 40 th birthday falls, to 31 st Dec in year in which 49 th birthday falls. GRAND VET – from 1 st Jan in year in which 50 th birthday falls. (vets and Grd Vets may ride the fun event)
Online Entry	Enter online at www.westdraytonmbc.co.uk
Entries on day	Entry on the day will be accepted at a surcharge of £3 per rider per race. You are advised to pre-enter to avoid queuing on the day.
Registration	Race HQ opens at 8.30 a.m. on race day for signing on and collection of numbers.
Race times	All youth races 9:30 a.m. Beginners 10:10, Fun 10:46 a.m. Single Speed 10:45 a.m. Open 11:45 a.m. Vets 11:46 Grand vets 11:47 a.m.
General	Hot and cold food is available from the Park refreshment centre. Provisional results will be available 30 minutes after each event. Full results will be posted on the www.westdraytonmbc.co.uk site. Each lap is approx 2.5miles Please note Buckinghamshire council charge £2 for parking at the venue, they will enforce this! Cashing of cheque confirms your entry no further correspondence will be sent. Please obey the "No Cycling" areas of the Park, Please do not jeopardise future events by irresponsible behaviour.
Prizes	Trophies and cash/goods to a minimum of first 3 in each race. Women's awards supported by www.dirtdivas.co.uk

ENTRY FORM

Sun 15th March 2009 – Black Park

No.

FIRST NAME _____ SURNAME _____

AGE AT 31/12/09 _____ DATE OF BIRTH _____ TELEPHONE NO. _____

ADDRESS _____

POSTCODE _____ e-mail _____

TEAM/CLUB(if any) _____ BC Licence No (if any) _____

Entry on the day £3 Surcharge. No licence or membership required

CATEGORY	TICK CATEGORY				
	LAPS	MALE	LAPS	FEMALE	FEE
See above for details					
Youth Under 10	1		1		£6
Youth Under 12	2		2		£7
Youth Under 14	3		3		£8
Youth Under 16	4		4		£8
Beginners 16+	3		3		£10
Fun	5		4		£12
Single speed	6		5		£12
Open	8		7		£13
Veterans	7		6		£12
Grd Vets 50+	6		5		£12

Send entries to:

West Drayton MBC
29 Cleveland Road,
Cowley, Middlesex, UB8 2DR
Tel: 07860 126356
chris@triathlon.co.uk www.westdraytonmbc.co.uk

Declaration:

I declare that I am medically fit to compete in this event, and agree that the organisers and landowners will not be held responsible for any damage, injury, fatal accident
I agree to wear a hard shell helmet whilst on the course

Cheques payable to: **WEST DRAYTON MBC**

SIGNED

Competitor: _____

Parent/guardian: _____

(if competitor under 18)

Your details will be held on computer. Tick here if you do not want your details released.