

Oxford University Cross Country Club presents...

Teddy Hall Relays 2010



Wednesday 10th March 2010 – Race starts 13.30

Teddy Hall Relays is a popular running relay race held every year in the heart of Oxford. The race begins from the famous Iffley Road track where Roger Bannister broke the 4 minute barrier (Jackdaw Lane, Iffley Road, Oxford). Each leg of the relay is 3.6miles and the race is open to Men's teams (4 runners), Women's teams (3 runners) and Mixed teams (2 men, 2 ladies per team). Every year THR draws a large attendance from both serious runners and those out to keep fit and have some fun! Following the race, prizes will be awarded and tea served at St Edmunds Hall (on Queen's Lane just off the High Street) from 15.30 onwards. Technical Teddy Hall Relays T-shirts will be available to purchase on the day.

Feel free to send any queries to: teddyhall2010@googlemail.com

Or check out OUCCC's website: ouccc.objectis.net for more info.

Prizes are on offer for:

- Overall team (Men / Women) – 1st / 2nd / 3rd
- Fastest leg (Men / Women) – 1st / 2nd / 3rd
- Non-university club (Men / Women / Mixed) – 1st
- Vets (+40) team (Men / Women / Mixed) – 1st
- Oxford College team (Men / Women / Mixed) – 1st / 2nd / 3rd
- Oxford univ. department (Men / Women / Mixed) – 1st
- Oxford univ. sports club (Men / Women / Mixed) – 1st
- Oxford univ. boat club (Men / Women / Mixed) – 1st
- Fastest individual (must complete all 4 legs (3 legs for women) individually) (Men / Women) – 1st

Entry Fee (per team)...

Male team: £20 Female team: £15 Mixed team: £20

To enter...

Please return the **entry slip** along with a **cheque** for the appropriate amount made payable to "OUCCC Teddy Hall Relays" to the address below:

Sean Ledger, St John's College, Oxford, OX1 3JP

Closing date for entries is the 5th March 2010.

The charities **Right to Play** and **Running Across Borders** will be providing assistance in the running of THR 2010. If you wish to donate to these charities please do so by adding the amount you wish to contribute onto your cheque. For more information on the charities please visit www.righttoplay.com and www.runningacrossborders.org. **RAB** and **RTP** will have stalls trackside on the day.

On the day...

All teams must collect their numbers and declare the names of their runners on the day. This can be done from **12.00** onwards up **until 13.15**

Entry Slip (please use BLOCK CAPITALS)

Team Name:.....

Team type (circle one of the following): Male (4 runners) Female (3 runners) Mixed (4 runners)

Category (circle one of the following): University club (e.g. Cambridge UAC) Non-university club
Vets (+40) team Ox. Uni. College Ox. Uni. Sports Club
Ox. Uni. Department Ox. Uni. Boat Club Individual

Contact Name.....

Contact Address.....

Contact email.....

Contact Tel. No.

I enclose a cheque for £..... made payable to "OUCCC Teddy Hall Relays"

Whilst every effort is made to make this event as safe as possible, I accept that the Organisers are not responsible for injuries to runners, or for damage to their property whilst participating in the Teddy Hall Relays, and that the decision of the Organisers is final on all matters.

Signed.....

Date.....