

# Grand Union Canal Half Marathon

## Cowley to Cassiobury Start: Cowley Recreation Ground, Cowley, Uxbridge 10am Sunday 14th November 2010

Run this lovely point-to-point half marathon along the Grand Union Canal. A flat, scenic, multi-terrain route starting in Cowley Recreation Ground, Uxbridge and finishing in Cassiobury Park, Watford. Traffic free apart from one very minor road crossing. As it is a point-to-point, you can either park at the finish in Cassiobury and take the bus provided (£5) to the start before the race, or park at Cowley Recreation Ground and make your own way back to your car afterwards. Please note there is NO coach back to Cowley after the race. Water stations en-route.

Refreshments in the park afterwards, so bring the family!

Entry Fee	Affiliated	Unaffiliated
without transport	£16	£18
with transport	£21	£23

UKA race permit applied for.  
The race will be run according to UKA rules and regulations.



**2XU** HUMAN PERFORMANCE MULTIPLIED

Memento for all finishers!  
Prizes for 1st, 2nd and 3rd Male and Female (regardless of age) then 1st in age group categories

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**Entry Form** One form per entrant (photocopies accepted). Please return your entry form and fees by 30th October 2010

Title _____	First Name _____	Surname _____
Address _____		Postcode _____
Age on Race Day _____	Date of Birth _____	Male <input type="checkbox"/> Female <input type="checkbox"/>
Affiliated Club Name _____	Team Name _____	
Affiliated Reg No. _____	Expected Finishing Time _____	
Transport Required (Cassiobury to Cowley BEFORE the race only)	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Contact telephone number _____	Email address _____	

Please make cheques payable to Purple Patch Running Ltd and send to: **Purple Patch Running Ltd**, 23 York Road, Marlow, Bucks, SL7 2QB.

**Please include an sae with appropriate postage.** For further information email [info@purplepatchrunning.com](mailto:info@purplepatchrunning.com) or call **01628 474953**.

### Terms and Conditions of Entry

- All entrants must be fit to take part and, if necessary, should seek advice from their GP
- Whilst every reasonable care is taken, entrants cannot hold the organisers or landowners responsible for their safety
- All entrants must show consideration for other users of public footpaths and rights of way
- Entry fees are non-refundable
- The organisers reserve the right to withdraw entrants from the event and anyone that opts to continue does so entirely at their own risk

I understand and agree to abide by the Terms and Conditions of Entry

Signed \_\_\_\_\_ Date \_\_\_\_\_

Your details will be held by Purple Patch Running Ltd and not made available to third parties. If you would prefer us not to mail you with details of future events, please tick this box .

**Purple Patch Running**

