

# FOX @ 40



## Milton Keynes Lakeside Runners presents... 2012 Fox @ 40

- Venue:** Premier Inn, Lakeside Grove, Bletcham Way, Caldecotte, Milton Keynes, MK7 8HP  
(150 yds off the A5 & 3 miles from M1. Look for a windmill!)  
Tel: 01908 366188 (Caldecotte Arms pub) ; 0870 9906558 (Premier Inn)
- Events:** 10-Nov-2012 08:30 – Fox @ 40 Ultra (40mi)  
11½ scenic laps of Caldecotte Lake
- 10-Nov-2012 09:30 – Fox @ 40 Marathon 1  
7½ scenic laps of Caldecotte Lake
- 11-Nov-2012 09:30 – Fox @ 40 Marathon 2  
7½ scenic laps of Caldecotte Lake
- Courses:** Ultra: Mini lap (1.67mi): <http://www.fetcheveryone.com/route-789885>  
& eleven laps (3.55mi ea): <http://www.fetcheveryone.com/route-779703>
- Marathon 1 & 2: Mini lap (1.67mi): <http://www.fetcheveryone.com/route-779656>  
& seven laps (3.55mi ea): <http://www.fetcheveryone.com/route-789894>  
(all routes are downloadable to Garmin)
- Start:** Mandatory race briefings ten minutes prior to each race.
- Registration:** Route description given out at location
- Limits:** 20 Runners Ultra / 40 Runners Marathon
- Awards:** Unique bespoke spinning medal to all finishers of each event
- Race Support:** Starter; Timekeeper; Race referee; Large pub car park; Water/aid station every lap of lake course.
- Equipment:** Suitable clothing and footwear.
- Permit:** Held under UK Athletics rules.  
Permit applied for - permit will be displayed at Race HQ.



# 2012 Fox @ 40 Entry Form

Name: .....

Address: .....

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..... Post Code: .....

Telephone: (day) ..... (eve) .....

Email: .....

Male/Female: .....

Date of Birth: ..... Age (on 10-Nov-2012): .....

UKA/TRA Affiliated Club (or "Unattached"): .....

UKA/TRA Membership No. (if applicable): .....

Competitors must be at least 18 years of age on the day of the event. 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.

Marathon 1: £20.00 affiliated / £21.00 unaffiliated .....  
Sat 10<sup>th</sup> Nov. 09:30 start; 6-hour time-limit

Ultra (40mi): £22.00 affiliated / £23.00 unaffiliated .....  
Sat 10<sup>th</sup> Nov. 08:30 start; 8-hour time-limit

Marathon 2: £20.00 affiliated / £21.00 unaffiliated .....  
Sun 11<sup>th</sup> Nov. 09:30 start; 6-hour time-limit

Closing date: 01-Sep-2012 TOTAL: .....

Signature: ..... Date: .....

Cheques made payable to: DAVID BAYLEY

Send your entries to: DAVID BAYLEY, 43 Chestnut Crescent,  
Bletchley, Milton Keynes, MK2 2JZ