

# HEARTBEAT EVENTS

Present the 2nd

## 'CARDIAC ARREST'

Sunday 4<sup>th</sup> November 2007 11.00am  
Weston Underwood, Nr. Olney, Bucks  
A multi – terrain run not for the Faint Hearted  
Under UKAA Rules: Permit Applied for

Following its successful debut in 2006 get ready for the second running of the Cardiac Arrest! Last year you had mud, water, mud, tunnels, mud, a river or two, mud, some hills, mud, quarries, mud and some good old cross country running. Also there were a couple of obstacles on the way but you wanted more so we have obliged!! The course is roughly 8 miles and we mean roughly and if you didn't do this in 2006 expect a tough run with a few surprises!

All this takes place on 500 acres of private land in the glorious Buckinghamshire countryside. There will be a unique memento for all finishers plus a free hot meal.....you will need it!

There will be prizes supplied by 2XU Performance Clothing for category winners and prizes for teams. You will need 3 team members to qualify for the team prize and it's the time of your last person across the line that counts so it is a real team event, help each other round. Even if you are not in a team you may want to help others round that are perhaps struggling or just need moral support!

- Changing facilities
- Free hot meal for finishers and a unique memento
- Refreshments available for spectators
- On site parking

### Entry fee:

£18 (unaffiliated)

£16 (affiliated).

Entries on Day: £20

(Cheque made payable to Heartbeat Events Ltd)

Name..... Surname.....  
Address..... E Mail.....  
..... D.O.B.....M/F.....  
..... P/Code.....

Age on Day.....Club Name (if any).....Affiliated to UKA Y / N

Team Name.....

*I will be over 20 years on race day, and I hereby declare that I am an amateur according to UKA Rules and medically fit to compete. I accept that I enter at my own risk and that the race organisers will in no respect be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in this race.*

Signed..... Date.....

Postal entries close on the 31<sup>st</sup> October. Please send entries with a **SAE** for race pack to:

### Heartbeat Events

PO BOX 5898, Bletchley, Milton Keynes MK4 3GA

Download form from [www.heartbeat-events.co.uk](http://www.heartbeat-events.co.uk) or enter on line at [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

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