Rugged Radnage

RR5K and RR10K Sunday 15th November 2026 – 10am start

Radnage Village Hall, Radnage Common Road, Radnage, HP14 4DF

A challenging mixed terrain 10K race, in the Chiltern Hills around the village of Radnage, 5 minutes from J5 on the M40. The course involves sections on road, trails and footpaths; through woods and fields and includes off-road descents and ascents. In line with UKA and BARR health & safety recommendations, headphones must not be worn by runners. Min age 15 for 10K, 13 for 5K. For online entry and more info, including the course map, go to: ruggedradnage.co.uk.

Medals for finishers, Trophies for winners, category winners, 1st Radnage Resident, teams. Details on website

Entry Fee: 10K: £24/£22 (Non-Affiliated/Affiliated*), £26/£24 on the day (NO TEAM ENTRIES ON THE DAY)
5K: £17/£15 (Non-Affiliated/ Affiliated*), £19/£17 on the day

First Name: _____Surname: _____

Email Address: _____ Date of Birth: ____/____/_____

*UK Athletics / ARC Affiliated Club Name & Competition Licence Number (URN): _____

Race entered (please circle): RR5K / RR10K

In a Team? Y/N. Team name: _____ Entry Fee: £_____

Category (tick)	Male under 18	Male	Male Vet40	Male Vet50	Male Vet 60	Male Vet 70	Female under 18	Female	Female Vet40	Female Vet50	Female Vet60	Female Vet70

All profits are donated to Radnage C of E Primary School PTA. Should you wish to support Radnage C of E Primary School PTA by making a donation please enter the amount here_____. If you are a UK tax payer, Gift Aid allows us to claim tax back from HMRC on your donation at no extra cost to you, just tick here_____.

I DECLARE THAT I will only participate in the race if medically fit to do so. I hereby accept that to the full extent permitted in law, race organisers and sponsors shall not be liable for any accidents, injury, loss or damage arising as a result of my participation in the race. My entry is subject to the organisers' discretion and no refund of the entry fee will be made as a result of cancellation of the event. I agree not to wear headphones whilst participating in the race. I consent to release of my personal medical details by medical teams to race organisers in the event of a medical emergency. I allow organisers to keep my contact details stored and allow them to contact me regarding this and future RR10K runs. This information will not be passed on to third parties.

Signed_____ Date: _____**2026**

Runners' Retreat
business cube
TRINITY WELLNESS
BANNING'S
SHANLY FOUNDATION
STARPEAK
SCAMP & DUDE
SBL CAPITAL
The Bourne End Golf Club
DAWS HILL
The Massage Company
V.C. AUTO REPAIRS