



NORTH NORFOLK 7

Sunday 17 October 2010 - 10.30 am

Presented by

NORTH NORFOLK BEACH RUNNERS

www.nnbr.co.uk



SEAA 99/018

Race Centre - Gresham's School, Holt, NR25 6EA

Entry fees: £7.00 attached (UKA or ARC Affiliated), £9.00 unattached.

Closing date for receipt of entries 15 Oct. Any race entries received after the 9 Oct will be kept for collection on race day.

All runners must be at least 16 years old on the day of the race. RACE LIMIT 300. No dogs or accompanying cycles.

Facilities: Changing, Toilets, Showers, Parking, Refreshments, St John's Ambulance, Water Stations.

PLEASE NOTE THERE WILL BE NO ENTRIES ON THE DAY

PRIZES: 1st man & 1st woman £25 2nd man & 2nd woman £20 3rd man & 3rd woman £15
1st junior male & 1st junior female (U20 on 17/10/10), 1st male & 1st female 20-34; 35-44; 45-49; 50-54; 55+
1st male team 1st female team

Members of ARC and UKA affiliated clubs as entered below; 3 to score; team results decided on finishing times with the male and female teams holding the lowest aggregate times being declared the winners.

Medal to all finishers

Donations to local charities will be made from the entry fees

ENTRY FORM		
SURNAME	FIRST NAME	MALE/FEMALE
DATE OF BIRTH (DD/MM/YY)		AGE ON RACE DAY
ADDRESS		
TOWN	COUNTY	POST CODE
HOME TEL NO.	MOBILE TEL NO	
E MAIL ADDRESS		
UKA/ARC CLUB	UKA MEMBERSHIP NO	

DECLARATION: I declare that I am an amateur as defined by UK Athletics rules. I agree to abide by the rules of UK Athletics and the race referee's decision. I will compete on foot and run at my own risk, and obey the Highway Code while on the public road and footpath. I consider myself fit enough to complete this event.

DATA PROTECTION: Relevant details on this entry form will be entered onto computer for club and race purposes only and will not be divulged to any third party.

Signed Today's Date..... Fee Enclosed

Please make cheques payable to **North Norfolk Beach Runners** & enclose an A5 (NOT A4) SAE to North Norfolk 7, c/o The Laurels, Sustead Road, Lower Gresham, Norfolk, NR11 8RE
Enquiries to Race Secretary: 01263 570084

