

Organised following the principles of U.K. Athletics Rules and ARC Minimum Standards of Race Organisation (ARC 004)

**NORTH NORFOLK BEACH RUNNERS**  
present



ARC Permit No. 10/148

# 22nd WORSTEAD FESTIVAL '5'

FRIDAY 23rd JULY 2010 AT 7.00 P.M.

Entry Fee: £8.00 Affiliated, £10.00 Unaffiliated

RACE LIMIT: 450

closing postal date Friday 16th July

ONLINE ENTRY 50p EXTRA <http://www.sportsentrysolutions.co.uk>

**ENTRIES ON THE DAY [1730—1830 ]+ £2.00**

## OLD START & REVISED FINISH

Prizes to: First 3 Men. First 3 Ladies First Junior Male & Female  
1st/2nd Male Vet 40-44, 45-49,50-54, 55-59,60+  
First Male Team, First Female Team (3 to score)  
1st/2nd Female Vet 35-39,40-44, 45-49, 50-54,55+  
First Worstead Resident Runner

**Memento to all Finishers**

Enquiries to **01692 407993**. or [worstead@nnbr.co.uk](mailto:worstead@nnbr.co.uk)

Information at [www.nnbr.co.uk](http://www.nnbr.co.uk)

**Send entry forms and race fee together with a S.A.E. C5 (6.5" x 9") to:**

*Worstead '5', c/o Brunswick Lodge, Bacton Road, NORTH WALSHAM, NR28 ODN.*

**Please make cheques payable to: NORTH NORFOLK BEACH RUNNERS**

**NOTE: Letters with underpaid or missing stamps will not be retrieved from the Post Office.**

SURNAME..... FIRST NAME .....  
ADDRESS .....  
..... POST CODE .....  
TEL NO ..... DATE OF BIRTH .....

WORSTEAD RESIDENT?	MALE / FEMALE	AGE ON DAY OF RACE	NAME OF ARC or UK ATHLETICS AFFILIATED ATHLETIC CLUB	AGE C.A.T.***	RACE NUMBER***

\*If not a member of a affiliated club, enter U/A \*\*\*Please leave these boxes empty

**All runners in this 5 mile road race must be at least 15 years old on the day of the race.**

**Declaration:** Please enter me for the above 5 mile road race. I am an amateur and agree to abide by the race rules as defined by ARC . I understand that the organisers will not be held liable for any injury, loss or illness **however caused**, resulting from this event.

Signed .....(parent or guardian if under 16 years on 23/07/10) Date: .....

**Prize Presentation at approx. 8.30 pm**

