REEPHAM SUMMER SUNDAY RUN 10K
16 AUGUST 2009
GRAND PRIX EVENT

Date: Sunday 16 August 2009 **Time:** 10 am

Place: Reepham, Norfolk

Course: Multi-terrain road race, out through quiet country lanes, back along Marriotts Way

Distance: 10 k

MOMENTUM TO ALL FINISHERS **50+ SPOT PRIZES**

- Changing/shower facilities, selection of homemade tea and cakes
- Race is part of the Runners Centre Grand Prix Series.

Prizes:	**Men:** 1st, 2nd 3rd, Then 1st in following categories:	**Women**: 1st, 2nd 3rd Then 1st in following categories:
	Senior 1 Veteran 40-49	Senior 1 Veteran 35-49
	Veteran 50-59 Veteran 60-69	Veteran 50-59 Veteran 60-69
	Veteran 70+	Veteran 70+

Only one prize can be won by an individual from any category

1. Please complete the below application form in BLOCK CAPITALS and return to Race Entries, 9 Crown Meadow, Reepham, Norwich, NR10 4SP (Tel No: 01603 879096) **by 8 August 2009**. Entries on the day will be accepted (£2 on entry fee) as long as limit of 450 has not been reached. **To enter on day please ensure you arrive more than 45 mins before start time**.
2. Please make cheques payable to Reepham Runners and write your name and address on the back and enclose a large SAE.
3. Race is being run under ARC Rules. Permit Number: 09/136

SURNAME: ……. **FIRST NAME:** …….

SEX: Male / Female **DATE OF BIRTH:** …… **Age on day of race:** …….

AFFILIATED CLUB (ARC/UKA affiliated): ……

ADDRESS: ……

……

POSTCODE: …….. **TELEPHONE (HOME)** …….

TELEPHONE (DAYTIME): …… **EMAIL ADDRESS:** …….

I enclose a cheque payable to Reepham Runners for: **£8** **Attached** ☐

(and large SAE) **£10** **Unattached** ☐

50p **Race results** ☐

Part of the proceeds will be donated to the Local Scout movement

Declaration

On the day of the race I am over 15 years of age. I agree to abide by the ARC rules and the Race Referee's decision is final. I am an amateur as defined by ARC rules. I understand the organisers of this event will not be held liable for any injury, loss or illness, however occurred as a result of my entering this race.

Data Protection Act

I understand the details I am providing on this Entry Form will be entered on a computer for use by this event but will not be passed to any third party.

SIGNATURE …… **DATE** ……