

SUDBURY JOGGERS 5

(New improved flat course based on runner feedback)

SEAA PERMIT APPLIED FOR under UK:A rules

GARDEN GRAFT

For all your gardening needs

Tel:- 01787 373675

Mob:- 07779 498405

Wednesday 2nd July 2008

SJ5 Start time 7:30pm

+ 2 Fun Runs (Start 7:00pm)

GARDEN GRAFT

For all your gardening needs

Tel:- 01787 373675

Mob:- 07779 498405

Race HQ - AFC Sudbury Football Club, Brundon Lane, Sudbury

5 MILE PRIZES: 1st 2nd 3rd Male and Female overall. Team Trophies

1st Under 20, V40, V45, V50, V55, V60, Male and Female

Memento to all finishers (note: only one individual trophy per runner)

FUN RUN: Trophies 1st 6-7, 8-10, 11-12, 13-14 Boys & Girls. Medal to all finishers.

AGES: 15 Years old minimum for SJ5. 6 Years old minimum for shorter Fun Run

ENTRY FEES: UNAFFILIATED - £7 PRE-ENTRY / £9 ON THE DAY

CLUB AFFILIATED* - £5 PRE-ENTRY / £7 ON THE DAY

FUN RUNS - £1.50 PRE-ENTRY / £2.50 ON THE DAY

* DISCOUNTED ENTRY FEE FOR AFFILIATED RUNNERS. PLEASE PROVIDE YOUR AFFILIATION NUMBER ON THE FORM

ONLINE ENTRY: AVAILABLE SECURELY ON OUR WEBSITE VIA PAYPAL, NOCHEX, AND VIA RUNNERSWORLD

Closing date for postal pre-entry is Friday 27th June 2008.

Send your completed entry form, cheque payable to 'SUDBURY JOGGERS', and S.A.E. to
Race Secretary, 3 Glenside, Great Cornard, Sudbury, Suffolk, CO10 0HL. Email: entries@sudburyjoggers.org.uk

Further race details and updates will be available on www.sudburyjoggers.org.uk

Sudbury Joggers 5 Entry Form

OFFICIAL USE ONLY. Race No:

Forename		Gender	
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
Surname		M	F
<input type="text"/>			
Address			
<input type="text"/>			
<input type="text"/>			
Town			
<input type="text"/>			
County		Post Code	
<input type="text"/>		<input type="text"/>	
Telephone/Mobile			
<input type="text"/>			
E-Mail			
<input type="text"/>			
Date of Birth	Age on Race Day	Affiliated Runner	Affiliated Registration Number (if Yes)
<input type="text"/> / <input type="text"/> / <input type="text"/>	<input type="text"/>	<input type="text"/> Yes/No	<input type="text"/>
Affiliated Club (if yes above)			
<input type="text"/>			

Declaration. I am an amateur as defined by the UKA and agree to abide by their rules. I understand that my details will be held on computer to assist in the administration of this event. I also agree not to run with any prior knowledge of injury or illness. I accept that neither the sponsors, the organisers nor their servants will become liable for any injury, loss or action claim (howsoever occasioned) resulting from this event.

Signed _____

Date _____