



Coltishall Jaguars R C



Wednesday 8th July 2009
starting at 7.30pm
Coltishall Football ground.



5.85K Multi-Terrain Course
(Approximately 3.63 miles)

A modified and measured course with no steps. To be run under ARC athletic rules. (ARC Permit No. 09/115)
Refreshments and toilets at the start and finish.

Race Entry

£6.00 Affiliated

£8.00 Unattached

£2.00 extra on the day

Minimum age on race day - 13 years.

WALKER'S ENTRY FEE - £4.00

Engraved Trophies to:

First 2 Men and First 2 Ladies

First Man and First Lady over 40

First Man and First Lady over 50

First Man and First Lady over 60

First Man and First Lady unattached

All Proceeds to Quidenham Children's Hospice

Coltishall Jaguars Mike Groves Run 2009

Last Name		First Name		Male <input type="checkbox"/>
				Female <input type="checkbox"/>
Date of Birth		Age on Race Day (8 July 2009)		
Address				
Postal Town		Post Code		
Home Tel. No.		Mobile Tel. No.		
E-mail Address				
Club (ARC / UKA affiliated) or Unaffiliated				

DECLARATION

I declare that I am an amateur runner as defined by ARC rules. I agree to abide by ARC rules and the race referee's decisions. I declare that I will run entirely at my own risk.

Data Protection Act. I understand that the details I have provided on this form will be entered on to a computer for use by the organisers of this event, but will not be passed to a third party.

Signed _____ Date _____ Fee Enclosed £ _____

Completed entry form with cheque/postal order, (payable to Coltishall Jaguars RC), and SAE*, (A5), to:
Alan Groves, Forever Autumn, Westbourne Road, Coltishall, NR12 7HT (Tel: 01603 737262)

Postal Entries close Saturday 4th July. * Please ensure correct size and postage.