



ARC Permit No.  
ARC09/43

# Coltishall Jaguars R C



## SPRING 2009 10K



SEAA Course No.  
SE 07/082

The SPRING 2009 race will be run over an accurately measured, gently undulating, 10 km. course of two-laps on **Sunday 29th March** and will start at 10.30 am at Frettenham Village Hall. Changing facilities and toilets and refreshments will be available.

**Race Entry:** £6.00 Affiliated, £8.00 Unaffiliated, £2.00 extra on the day. *Minimum age on race day - 15 years.*  
**Race limit 300 entrants. Entry on the day will close at 10am prompt.**

### Prizes:

First man and first lady: £25. Second man and second lady: £20. Third man and third lady: £15  
 First man and first lady aged 15 - 39: £15.  
 First man and first lady aged 40 - 44: £15.  
 First man and first lady aged 45 - 49: £15.  
 First man and first lady aged 50 - 54: £15.  
 First man and first lady aged 55 - 59: £15.  
 First man and first lady aged 60 and over: £15.  
*(Only one individual prize per runner)*  
 Medals to all finishers

Race Sponsored By: Jonathon Reader, Electrical Contractor & The Runners' Centre, Norwich

### Coltishall Jaguars 10 Km Entry Form Spring 2009

Last Name	First Name	Male <input type="checkbox"/>
		Female <input type="checkbox"/>
Date of Birth	Age on Race Day (29 March 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 A5 SAE\* to:  
 Alan Groves, Forever Autumn, Westbourne Road, Coltishall, NR12 7HT (Tel: 01603 737262)

**Closing Date for Receipt of Postal Entries: Wednesday 25th March. \*Please ensure correct postage for A5.**