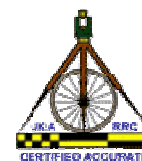




NORWICH ROAD RUNNERS



www.nrr.org.uk

Course Measurement
cert. 05/030r

BROADLAND HALF MARATHON

SUNDAY 21st March 2010 – 10:00am Start

Race Centre: **South Walsham Village Hall, Norfolk, NR13 6DZ** (Follow signs to Fairhaven Gdns)
Out and back through quiet country roads in scenic Broadland

RACE ENTRY

£12.00 affiliated £14.00 unaffiliated. Entry on the day +£2.00 if race limit not reached.
Online entry closing date 14th March 2010. Min. age on race day 17 Years. Race limit 350 entrants.
You can also enter online at www.runnersworld.co.uk

FACILITIES: Changing, Showers, Toilets. Parking at Fairhaven Gardens, NOT on the road.

PRIZES: (Entries on the day are eligible; only one individual prize per person)

Male: 1st, 2nd & 3rd overall (in any category), then 1st 17-39, 1st 40-44, 1st 45-49, 1st 50-59, 1st 60+

Female: 1st, 2nd & 3rd overall (in any category), then 1st 17-34, 1st 35-39, 1st 40-44, 1st 45-54, 1st 55+

Team prizes: 1st senior team, 1st veteran team. Team positions decided on first three finishers from each club. No veterans allowed in senior team and vice versa. Male veterans 40+, female veterans 35+. Positions added together in own category only. In case of draw, lowest team time wins.

Quality memento to all finishers

BROADLAND HALF MARATHON ENTRY FORM		
SURNAME	FIRST NAME	MALE/FEMALE
DATE OF BIRTH DD/MM/YY	AGE on 21/03/10	
ADDRESS		
TOWN	COUNTY	POSTCODE
HOME TEL NO.	DAYTIME TEL NO.	
EMAIL ADDRESS		
FIRST CLAIM CLUB		

DECLARATION: I declare that I am an amateur as defined by UK Athletics rules. I agree to abide by the rules of UK Athletics and the race referee's decision. I will run at my own risk, and obey the Highway Code while on the public road and footpath. I consider myself fit enough to complete this event. **HEALTH WARNING:** Athletes should be aware of the dangers of dehydration. Drink plenty of water before and during exercise. Alcoholic drinks are dehydrating. It is unwise to undertake strenuous exercise when suffering from an infection

Signed.....Date.....Fee enclosed £.....

£1.00 for results Y / N

Please make cheques payable to NORWICH ROAD RUNNERS & enclose an A5 (NOT A4) SAE to:
RICHARD THORNHILL, 49 BOATDYKE ROAD, UPTON, NORWICH, NR13 6BL