



Yorkshire
BUILDING SOCIETY
With you one hundred percent

NORWICH ROAD RUNNERS

Yorkshire
BUILDING SOCIETY
With you one hundred percent



Course
Measurement
cert. 07/048

www.nrr.org.uk

WROXHAM 5K SERIES

RACE 3: WEDNESDAY 26th August 2009 – 7:15pm Start

INCORPORATING THE 2009 NORFOLK COUNTY 5km CHAMPIONSHIP

THIS RACE IS PART OF THE 2009 RUNNERS CENTRE GRAND PRIX SERIES

Race Centre: **Broadland High School, Hoveton, NR12 8QN** (Follow signs to Wroxham Barns)

RACE 3 ENTRY - NB: ON THE DAY ENTRY WILL CLOSE AT 6:45pm PROMPT

£6.00 attached £8.00 unattached. Entry on the day +£2.00. Under 17's entry £2.00, entry on the day £3.00.
Postal entry closing date postmarked 20th August 2009. Min. age on race day 13 Years. Race limit 350 entrants.

FACILITIES: Changing, Showers, Toilets. Water/orange drink at the finish. Ample parking in the school grounds, NOT on the road.

RACE 3 PRIZES: (Entries on the day are eligible) **Equal prizes to male & female (must be taken on the day)**

Race winner (in addition to age prize), 1st three 17-39, 1st 40-44, 1st 45-49, 1st 50-54, 1st 55-59, 1st 60+, 1st three under 17

Team prizes: 1st team 13-39, 1st team 40+. Team positions decided on first four men or first three women finishers from each club. No o/40 allowed in u/40 team and vice versa. Positions added together in own category only. In case of draw, lowest team time wins.

Quality memento to those who complete all 3 races in the series

WROXHAM 5K RACE 3 ENTRY FORM

SURNAME	FIRST NAME	MALE/FEMALE
DATE OF BIRTH DD/MM/YY	AGE on race day	
ADDRESS		
TOWN	COUNTY	POSTCODE
HOME TEL NO.	DAYTIME TEL NO.	
EMAIL ADDRESS		
FIRST CLAIM CLUB		

This race incorporates the 2009 Norfolk County 5K Championship race.

All entrants with a County Qualification will be eligible for Norfolk medals & awards

A County Qualification is acquired by birth in Norfolk; or by nine months continuous bona fide residence in Norfolk immediately prior to the event; or by service in a Unit of HM Forces stationed in Norfolk for nine months immediately prior to the event. If you have a Norfolk postal address, the organisers of this race will assume that you have a valid County Qualification unless you tick one of the boxes below. Thank you for your assistance.

If you are not resident in Norfolk but eligible for this Championship, please tick this box

If you are resident in Norfolk but not eligible for this Championship, please tick this box

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 for results Y / N

(Parent/Guardian to sign if under 16 on race day)

Please make cheques payable to NORWICH ROAD RUNNERS & enclose a large SAE to:

RICHARD THORNHILL, 49 BOATDYKE ROAD, UPTON, NORWICH, NR13 6BL

RACE HELPLINE 9am-5pm Mon-Fri: Martin 01603 426294