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DEREHAM 10 MILE ROAD RACE

Organised by Dereham Runners AC under UK:athletics rules

* Incorporating the 2009 Norfolk County 10 Mile Championship

SEAA

A RUNNER'S CENTRE 2009 Grand Prix Event

Permit 20090154

SUNDAY 17th MAY 2009 at 11.00 am

NEATHERD HIGH SCHOOL, NORWICH ROAD, DEREHAM, NORFOLK, NR20 3AX

ENTRY FEES: Attached - £7.00. Unattached - £9.00. Entries on the day add £2.00

Race entry limit 300 Race Medals to all finishers Minimum age on Race Day: 17 Years

Race Prizes: Trophies to First Male/Female finishers. Trophies to first 3 in age categories: Male U40/40-44/45-49/50-54/55-59/60-64/65+: Female U35/35-39/40-44/45-49/50-54/55-59/60+. Team prizes to 1st Senior Male/Veteran Male/Senior Female/Veteran Female teams. Teams of 3 to score in all categories

Norfolk County Championship Prizes: Male/Female Winners Trophies. Medals to first 3 M/F in age categories U40/40-49/50-59/60+. Medals to 1st, 2nd, 3rd Male/Female teams in U40 and 40+ categories. Male teams of 4, Female teams of 3.

Entries – with **A5** size **SAE** to : **Dereham 10 Mile, 54 Stone Road, Dereham, Norfolk, NR19 1LH**

Last date for postal entries – **postmarked Saturday 9th May 2009** – All entries received postmarked after this date will be classified as “Entries On The Day” and will be subject to the extra **£2.00 entry fee !!!**

DON'T FORGET THE STAMPED ADDRESSED ENVELOPE – AND ENSURE CORRECT POSTAGE IS PAID !!!

YOU CAN ALSO ENTER ON LINE AT: www.runnersworld.co.uk (N.B. A fee of **£1.50** is payable for this service)

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OFFICIAL ENTRY FORM (PLEASE USE BLOCK LETTERS)

DEREHAM 10 MILE ROAD RACE AND NORFOLK COUNTY 10 MILE CHAMPIONSHIP
SUNDAY 17th MAY 2009 Start time: 11.00 am

SURNAME FIRST NAME

Male...../ Female Age Date of Birth/...../19.....

Address

..... COUNTY*POSTCODE

Home Telephone Other Contact Number

First Claim UKA/ARC Affiliated Club Fee Paid £.....:.....

Send to: Dereham 10 Mile, 54 Stone Road, Dereham, Norfolk, NR19 1LH Cheques payable to “**Dereham Runners AC**”

***If you have a Norfolk postal address, the organisers of this race will assume that you have a valid County Qualification unless you tick the lower box. 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. Please see UKA rule 9 (2) for details**

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: Please enter me for this event as indicated above. I am enclosing the appropriate fee and SAE. I am an amateur as defined by UK:athletics, and abide to agree by their rules, I accept that the organisers will not become liable for any loss, damage or injury (howsoever caused) as a result of my participation in this event.

Your Signature Date/...../ 2009

Official Use only : Race Number Category Date/...../ 2009