

WAVENEY VALLEY ATHLETIC CLUB

www.waveneyvalley.org

MUTFORD ROAD RELAYS

Permit Applied for
Certificate of Course Accuracy No: SEAA 99/080

SUNDAY 13th JULY 2008

From
Mutford Village Hall - Race Start 12.00 Noon

Main Race 5 x 5Km Relay.

Team of 1 lady + 1 Vet + any 3 others

For those who cannot meet the above criteria

Alternative "B" Race 5 x 5Km Relay.

Any 5 runner's (minimum age 14)

Entry Fee for the Above Events
£25 Affiliated Team **£35** Unattached.

Prize List as Follows

<u>Main Relay</u> 5 runners 1 lady+1 Vet + 3 others	1st, 2nd & 3rd Teams - Fastest Lap by Senior
Male & Female (Minimum age 14)	Fastest Lap by Vet Man 40+
50+ 60+	Fastest Lap by Vet Woman
35+ 45+ 55+	
Supporting "B" Relay (Any 5 runners minimum age 14)	1st Team Fastest Lap by Senior Male &

Female

Fastest Lap by Veteran Male

& Female

Waveney Valley Athletic Club
HYPERLINK "http://www.waveneyvalley.org"
www.waveneyvalley.org

**MUTFORD ROAD RELAYS OFFICIAL ENTRY
FORM**

CLUB OR TEAM NAME

RACE ENTERED **MAIN RACE** / **"B" RACE**
(Please delete)

Team Managers Details ONLY

NAME -

ADDRESS -

POST CODE

CONTACT TELEPHONE NUMBER

*Race Details and will be sent to Team Managers only
Teams **MUST** Register by 11.00 am on the day and be **DECLARED** by 11.30am
Declarations Sheets will be sent to you by return with full race details.*

CLOSING DATE 4th July

*Send your entries together with the appropriate fee and stamped addressed
envelope to;-*

Paula Hazell

**4 Hall Road
Carlton Colville
Lowestoft
Suffolk. NR33 8BT**

CHEQUES **PAYABLE** TO *“Waveney Valley Athletic Club”*

All team members are medically fit to run and understand that they run at their own risk. The organisers will in no way be held responsible for any injury incurred during or as a result of the event or for any property lost on the course or start / finish area. Team Organiser/ Manager to sign entry form on behalf of the team as acceptance of conditions and Competition Rules printed on reverse of this form. Race run under the governing body rules.

Signed _____ Date ____/____/____
