

# WAVENEY VALLEY ATHLETIC CLUB

## TURKEY TROT 10 MILE ROAD RACE



Licence No: 2009-100315

Certificate of Course Accuracy No. SEAA 05/106

Date: Sunday 13<sup>th</sup> December 2009, Start Time: 11:00am (registrations from 10:00am)

Race HQ: Beccles Sports Centre, Beccles, NR34 9PF

Entry Fee: £10.00 uka members, £12.00 non-uka members. Entries on day £2.00 extra

Facilities: Changing, toilets, showers, refreshments

### PRIZES:

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female, regardless of category (Christmas vouchers)

First male and female vet 40+, 45+, 50+, 55+, 60+, 65+ (Christmas vouchers)

Christmas Fayre to all finishers

£50 for winner if course record broken:

Male Course Record: 52:15

Female Course Record: 1:00:10

PLEASE COMPLETE IN BLOCK CAPITALS:

|                  |  |                |                |
|------------------|--|----------------|----------------|
| Surname:         |  | Male/Female:   |                |
| First Name:      |  |                |                |
| Postal Address:  |  |                |                |
| Town:            |  | Postcode:      |                |
| Telephone:       |  | Date of Birth: |                |
| Age (Race Day):  |  |                | Min age 16 yrs |
| E-Mail:          |  |                |                |
| Affiliated Club: |  |                |                |

I am entering the wheelchair race

Please tick if you prefer not to receive details of future WVAC races by e-mail

*Declaration: I am an amateur as defined by UKA and agree to abide by their Rules and the race referee's decision. I am enclosing the entry fee and understand that there can be no refund after my entry has been processed. I accept that none of the organisers, sponsors or their servants will be liable for any injury, illness or loss (howsoever occasioned) resulting from my participation in this event. I consider myself fit enough to complete this event. **HEALTH WARNING: Athletes should be aware of the dangers of dehydration. Drink plenty before and during exercise. Alcoholic drinks are dehydrating. It is unwise to undertake strenuous exercise when suffering from an infection.***

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

### CLOSING DATE FOR POSTAL ENTRIES: 11<sup>TH</sup> DECEMBER 2009

(Entries welcome on the day if limit not reached)

Send your entry together with the appropriate fee to:

**David Pimlott, 7 Herons Close, Lowestoft, Suffolk, NR32 3LB**

Please make cheques payable to: "**Waveney Valley Athletic Club**"

Or apply online at: [www.runnersworld.co.uk](http://www.runnersworld.co.uk) (small fee applies)

RACE NUMBERS FOR PRE-ENTRIES TO BE COLLECTED FROM HQ ON RACE DAY.

If you require directions/ race information sheet, please enclose SAE with your entry.

Alternatively this information can be downloaded from [www.waveneyvalley.org](http://www.waveneyvalley.org)