



WELLINGBOROUGH

5 MILE ROAD RACE

SUNDAY 2nd AUGUST 2009 – **10.30 am**

OLD GRAMMARIANS SPORTS FIELD
SYWELL ROAD WELLINGBOROUGH NN8 6BS

Part of the Northamptonshire Road Race League



Permit applied for

- Closing date for postal entries Thursday 24th July
- **Race fee affiliated £8, unaffiliated £10**
- Entries through Runners World
- Entries available on the day
- Course officially measured
- Race permit applied for
- Race entry limit 500, minimum age 15 on the day
- Parking
- Course marshalled
- Ample changing facilities with showers
- **Cake and tea stall and licensed bar**
- First aid cover
- Approx 1 mile fun run within the sports field grounds, entry on day no age limits (fee £1)
- Start Sywell Road Wellingborough – 10 minutes walk from HQ
- Finish on the sports field
- Mildly undulating fast course on country roads
- Individual Prizes:
1st three in all categories
Senior men, vet 40, 50 & 60
Senior female, vet 35, 45 & 55
Winners will be given the trophy for the age category in which they run.
- Team prizes:
1st & 2nd teams
Males 1st first team of 4 adding finishing positions
Females 1st first team of 3 as above.
Team trophy for the 1st non-running club team

WELLINGBOROUGH & DISTRICT AC

PLEASE COMPLETE IN BLOCK CAPITALS

Surname _____ Gender _____ D.O.B _____

Forename _____ Club _____

England Athletics Registration Number _____

Address _____

Postcode _____ Age on 02/08/2009 _____

Best Contact Number / e-mail address _____

Please enter me for the race. I agree to run under U.K.A rules and I accept that the race directors decision is final. I accept that the organisers shall not be liable for accidents, loss or damage as a consequence of my participation in the event.

Signature _____ Date _____ Fee enclosed £ _____ (£2 extra on day)

Postal entries with large S.A.E to: Race Director, Graham Bayes, 43 Holmes Avenue, Raunds, NN9 6SZ.

2009 Charity www.familysupportlink.co.uk

In the event of the race having to be cancelled through no fault of our own every effort will be made to refund entry fees minus our unavoidable costs

*****PLEASE NOTE **10.30am** START*****