



# WELLINGBOROUGH 5 MILE ROAD RACE

## Incorporating the Eastern Vets Athletic Club

### 5 mile road race championship

**NOW WITH CHIP TIMING START AND FINISH**

SUNDAY 28th JULY 2013 – **10.30 am**



OLD GRAMMARIANS SPORTS FIELD, SYWELL ROAD, WELLINGBOROUGH. NN8 6BS

Part of the Northamptonshire Road Race League

Permit applied for

**Sponsored by:**

**Silverstone**  
Fleet Management

[www.silverstonefleetmanagement.com](http://www.silverstonefleetmanagement.com)

**IN ASSOCIATION WITH:**

Black Sheep Sports and Go Beyond

• Individual Prizes:

1<sup>st</sup> 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.**

• Affiliated Team prizes:

1<sup>st</sup> & 2<sup>nd</sup> teams

Males team of 4 adding finishing positions

Females team of 3 as above.

**2013 Charity:**



**Race fee - affiliated £10, unaffiliated £12, EVAC Championship - £1 extra.**

Entries through [wdac.org.uk](http://wdac.org.uk)

Entries available on the day until 10am

**NO EVAC ENTRIES ON THE DAY**

Race entry limit 400, minimum age 15 on the day

**\*1 mile fun run for under 15s within the sports field grounds at 10am, entry on day (fee £2)\***

**\*Toddlers dash\***

Course officially measured/ Race permit applied for  
Parking / Course marshalled / First aid cover  
Ample changing facilities with showers  
Start Sywell Road, Wellingborough – 10 minutes walk from Race HQ / Finish on the sports field  
Mildly undulating fast course on country roads  
**Cake and tea stall and licensed bar**

**Goody bag and Technical T shirt**

### WELLINGBOROUGH & DISTRICT AC

**PLEASE COMPLETE IN BLOCK CAPITALS.** Closing date for postal entries - Thursday 18th July 2013

Surname \_\_\_\_\_ Gender \_\_\_\_\_ D.O.B \_\_\_\_\_

Forename \_\_\_\_\_ Club \_\_\_\_\_

England Athletics Registration Number \_\_\_\_\_ EVAC Number \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Age on 28/07/2013 \_\_\_\_\_

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 \_\_\_\_\_ EVAC  Fee enclosed £ \_\_\_\_\_ (£2 extra on day)  
Please tick (£1 extra)

**Postal entries: No S.A.E required,(collect number on day) to: Race Director, Graham Bayes, 43 Holmes Avenue, Raunds, NN9 6SZ.  
Please make cheques payable to 'WDAC'**

**In 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**