



DEREHAM 10 MILE ROAD RACE

Organised by Dereham Runners AC under UK:athletics rules

Incorporating the 2013 NORFOLK COUNTY 10 MILE CHAMPIONSHIP

*All competitors with a valid County Qualification will be eligible for Norfolk medals and awards

A RUNNER'S CENTRE 2013 Grand Prix Event

SEAA

Permit 2013-105289

SUNDAY 12th MAY 2013 at 11.00 am

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

ENTRY FEES: Attached - £9.00. Unattached - £11.00. Entries on the day add £2.00

Race entry limit 350 - Race Medals to all finishers - Minimum age on Race Day: 17 Years

Race Prizes: Trophies to 1st Male/Female finishers. Trophies to 1st, 2nd, 3rd Males/Females in 5 year age bands. Team prizes to 1st Senior/Veteran Male/Female teams. Teams of 3 to score in all categories

County prizes: Trophies to 1st Male/1st Female, Medals for 1st, 2nd, 3rd Males/Females in 10 year County Championship Age bands. Medals to 1st, 2nd, 3rd teams in U40/40+ categories. Male teams of 4, Female teams of 3 to score

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

Last date for postal entries – **postmarked Saturday 4th May 2013** – 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 **£0.75** is payable for this service)



OFFICIAL ENTRY FORM (PLEASE USE BLOCK LETTERS)

**DEREHAM 10 MILE ROAD RACE and NORFOLK COUNTY 10 MILE CHAMPIONSHIP
SUNDAY 12th MAY 2013 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 £.....:

UKA Registration Number (if applicable)

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 are 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/...../ 2013

Official Use only : Race Number Category Date/...../ 2013