

The Wymondham 20 miler

Sunday 4th March 2012 - Start 10.00 am

www.wymondhamac.org.uk

UKA Permit No TBA

Course measurement cert10/119

Race Centre: Ex-Servicemen's Club, 9 Friarscroft lane , Wymondham, NR18 0AT

Race Entry

£12.00 attached £14.00 Unattached. Entry on the day +£2.00

Postal entry closing date postmarked 03-3-2010 Min age on race day 18 years

Race Limit 400 if race limit reached before day of race NO Entries on the day will be allowed

Online entries taken via the www.runnersworld.co.uk website:

Race Numbers will be available for pick up on the day.

NB: ON THE DAY ENTRY WILL CLOSE AT 09.30am

FACILITIES: Changing, Toilets, Water/Orange at the finish. Parking in Town Car parks.

PRIZES: (entries on the day are eligible)

1st Three, 1st Senior, 1st 40-44, 1st 45-49, 1st 50-54, 1st 55-59 1st 60+

Team Prizes: 1st Senior , 1st team 40+. Team positions decided on first 3 men or first 3 women finishers from each club.

Memento to all finishers

THE WYMONDHAM 20 MILER ENTRY FORM		
SURNAME	FIRST NAME	MALE/FEMALE
DATE OF BIRTH DD/MM/YYYY		AGE ON 4/3/2012 (Race Day)
ADDRESS		
TOWN	COUNTY	POSTCODE
HOME TEL No		MOBILE TEL NO
EMAIL ADDRESS		
FIRST CLAIM CLUB ARC/UKA AFFILIATED or UNATTACHED		

DECLARATION: I declare that I am an amateur as defined by UKA rules. I agree to abide by the rules of UKA and the race referees decision. I will run at my own risk and obey the highway code and listen to marshals and officials instructions. I consider myself fit enough to complete this event. **HEALTH WARNING:** competitors should be aware of the dangers of dehydration and take into consideration the high temperatures that may occur. Drink plenty of water before and during the event. **Data Protection Act** – I understand that the details I have provided on this entry form will be entered onto a computer for use by this event, but will not be passed on to a third party.

Signed _____ Todays Date _____ Fee Enclosed _____

Please return this form plus Cheque/postal order payable to 'Wymondham AC'
Paul Wightman, 27 Avenue Road, Wymondham, NR18 0QG. Race Helpline: 07921 219266