

# RAF MARHAM 10 MILE ROAD RACE

# &

# 1 MILE FUN RUN

'AAA RRC certified accurate and UKA certified



On Marham Playing Field alongside the village Fun Day

## Sunday 19th July 2009

in aid of local charity

# Out & About

'Supporting disabled children in local leisure activities.'

For more information and entry forms visit the events section at

[www.oaa.co.uk](http://www.oaa.co.uk)

**10 MILE RACE - PRIZES IN ALL CATEGORIES DETAILED OVERLEAF**

or ☎ **0845 241 2576**

or complete and return form overleaf to;

Phil Wolstanholme, 22 Fen Road,  
Upper Marham, Kings Lynn, PE33 9LJ



**Closing date for 10 mile entries – 17<sup>th</sup> July 2009**

**Fun runners can also apply on the day.**

The Out & About Trust (Anglia) Charity No. 1068896 Company No. 3514682 (England & Wales)

Reg. Office 37-43, Fore St, Ipswich IP4 1JL Tel: 0845 241 2576 Fax: 0845 241 2577



**ENTRY FORM**  
**RAF MARHAM 10 MILE ROAD RACE & 1 MILE FUN RUN**  
**Sunday 19<sup>th</sup> JULY 2009**

First Name																				
Surname																				
House no & Road																				
Village/Town/ City																				
Postcode																				
E-mail																				
Tel. No																				

Sex – delete as appropriate	M / F	Age on 19 <sup>th</sup> July 2009	Yrs
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Date of birth – entrants for the 10 mile race must be over 16 yrs on 19 <sup>th</sup> July 2009											
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<b>Affiliated club (For 10 mile road race only)</b>																				
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Please indicate which race you wish to participate in;

**1 mile Fun Run**     I enclose a cheque for £3 entrance fee  
*(open to all ages – Start time 10.35am)*

**10 mile road race**     I enclose a cheque for £9.00 affiliated/ £11 non-affiliated\* NB  
 payment on the day £10 *affiliated/ £12 non-affiliated (over 16's only – Start time 10.30am)*  
 \*Delete as appropriate (Non-affiliated means not a member of an athletics club affiliated to UK Athletics)

**Please make cheques payable to RAF Marham Service Funds (10 mile and fun run)**

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**For entrants to the 10 mile Road Race only:**

As part of the race will take place within the bounds of RAF Marham, we are required to carry out basic security checks on all runners. Therefore we require your passport or driving licence number. If you do not possess a passport or driving licence, please enter your national insurance no.  
 Members of the Armed Forces and MOD Civil Servants may provide their Service or Staff number in the box marked 'Armed Forces and Civil Servants only'

<b>Passport/ Driving Licence / National Insurance No.</b> (Delete as appropriate)
<i>Only include National Insurance no. if no passport or driving licence is held.</i>

<b>Armed Forces and MOD Civil Servants only</b>
Service or Staff number
Ship, Regt, Stn or Unit.

I certify that I am over 16 years of age on the day of the race, medically fit to compete in the RAF Marham 10 mile race and do so at my own risk.

Signature .....

Delete as appropriate (Non-affiliated means not a member of an athletics club affiliated to UK Athletics)

**Prizes for the 10 Mile Race** will be awarded to the first three in each of the following categories: Male, Female, Male Vet 40-49, Female Vet 35-44, Male Vet 50-59, Female Vet 45-54, Male Vet 60-69, Female 55-64. 1<sup>st</sup> Prize to Male Veteran 70+ and Female Veteran 65+. 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> club Male & Female – 3 to count. Spot prize for a course record breaker Male & Female

**N.B Your entry will be confirmed at [www.entrycentral.com](http://www.entrycentral.com)**