



23rd NOTFAST OPEN 10K

10:30am Sunday 11th July 2010

In aid of a local charity
Road Race Licence No. 2010-0198

.Under U.K. Athletics Rules.

Start & finish at Newark Rugby Club. NG24 1WN on the A617 to Mansfield
Facilities include: - Changing, Showers, Toilets, Refreshments, Bar & Car Parking

PRIZES First Five Men, First Male Vet 40+, 50+ & 60+
First Five Ladies, First Female Vet 35+, 45+ & 55+

Closing date 7th July 2010

Late entries accepted until 10:15am on the day, £2 surcharge, NOT ELIGIBLE FOR PRIZES

Race Entries to:- J. Dickenson, Notfast R. C., 118 Wolfit Avenue, Balderton, Newark, Notts, NG24 3PQ.
Tel: 01636 651186

NOTFAST 10K ENTRY FORM

SURNAME: _____ FORENAME: _____

ADDRESS: _____

POST CODE: _____ TEL. NUMBER: _____

DATE OF BIRTH: _____ SEX: M / F AGE ON 11/07/10: _____

AFFILIATED CLUB: _____ (Minimum Age 15

E MAIL ADDRESS _____

I am an amateur as defined by U.K. Athletics and I agree to abide by their rules. I am medically fit and understand that I enter the race at my own risk. The organisers and sponsors are not responsible for any injuries caused to me during, or as a result of, the race, or for any property lost or damaged during the event.

SIGNED: _____ DATE: _____

Technical Tee Shirt to all finishers – Please state size. S - M - L - XL

Please include the following:-

Completed entry form

Entry Fee:-

**Please enclose Stamped Addressed Envelope. (9” x 4”)
for race number and details.**

Affiliated £8.00 / £10.00 on the day

Cheques made payable to NOTFAST RUNNING CLUB

Unaffiliated £10.00 / £12.00 on the day.

