



.PIPERS.



CRISPS



MABLETHORPE RUNNING CLUB

'The East Coast Classic 10k Race'

Proceeds to the Emma Jayne Memorial Fund

UKA Rules apply. Permit No 20091005

Sunday September 13th 2009, 11:00 am. 3k Fun run 10:00 am.

Flat traffic free course, water stations, toilet facilities close to start/finish, changing & shower facilities, free parking.
Momento to all race finishers, medal for all fun run finishers.
Sorry this course is not wheelchair friendly.

Race headquarters – Sherwood Field, Mablethorpe.

Race start/finish – Mablethorpe Lifeboat Station.

<p>Trophies & Prizes [<i>no re if numbers permit</i>] 1st 3 Men and 1st 3 Ladies. 1st Male Veteran – O/40, O/50, O/60. 1st Female Veteran – O/35, O/45, O/55. 1st Male Team, 1st Female Team Entries 10k - £7 UKA club members, £9 unattached, Fun Run - £2.50.</p> <p>Entries on the day numbers permitting £1 extra.</p>	<p>Please make cheques payable to Mablethorpe Running Club.</p> <p>Postal entries to Jane Lammiman, Mablethorpe East Coast Classic, C/O 40 High Street, Sutton on Sea, Lincolnshire. LN12 2HB.</p> <p>Please enclose a suitably stamped addressed 9" X6" Envelope Closing date for postal entries is 29th August 2009</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Entry Form. Please enter me for the		10k race (min age 15)		3k Fun Run	
Surname		First Name			
Address					
Post Code		Male/Female			
Daytime Tel no.		Evening Tel no.			
Email					
Age on Race Day		Date of Birth			
Veteran Category					
UKA Affiliated Club		Affiliation No			
Fee enclosed					

Declaration :- I declare that I am an amateur according to UKA rules and that I am medically fit to run. I accept that the organisers shall not be liable for any injury, illness, damage or loss of property sustained as a result of my taking part in this event.

Signed		Date
Signature of parent/guardian if under 18		Date

Photocopies accepted. Forms downloadable at www.mablethorperunningclub.com