



22nd NOTFAST OPEN 10K

10:30am Sunday 12th July 2009

In aid of a local charity
Road Race Licence No. 20090518

Incorporating Notts County Championship 10k

Entrants for County Championships must have been born in Nottinghamshire or have resided in the county for the last 9 months.
Under U.K. Athletics Rules.

Start & finish at Newark Rugby Club, 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 08/07/09 (05/07/09 for County Championship entrants.)

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 12/07/09: _____

AFFILIATED CLUB: _____ (Minimum Age 15

E MAIL ADDRESS _____ County Championship Entrant Y / N

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: _____

Memento to all finishers

Please include the following:- Completed entry form Entry Fee:-
S.A.E. (9" x 4") for race details Affiliated £7.00 / £9.00 on the day.
Cheques made payable to NOTFAST RUNNING CLUB Unaffiliated £9.00 / £11.00 on the day.

Supported by Heron (Newark) Volkswagen & Lincolnshire Runner