



ARC Permit No. 09/173

21st WORSTEAD FESTIVAL '5'

FRIDAY 24th JULY 2009 AT 7.00 P.M.

Entry Fee: £7.00 Affiliated, £9.00 Unaffiliated

RACE LIMIT: 450

closing postal date Friday 17th July

NO ENTRIES ON THE DAY!!!!

A RUNNER'S CENTRE GRAND PRIX RACE

NEW START & FINISH

Prizes to: First 3 Men. First 3 Ladies First Junior Male & Female
 1st/2nd Male Vet 40-44, 45-49, 50-54, 55-59, 60+
 First Male Team, First Female Team (3 to score)
 1st/2nd Female Vet 35-39, 40-44, 45-49, 50-54, 55+
 First Worstead Resident Runner
Memento to all Finishers

Enquiries to **01692 407993**. or www.nnbr.co.uk

Send entry forms and race fee together with a S.A.E. C5 (6.5" x 9") to:

Worstead '5', c/o Brunswick Lodge, Bacton Road, NORTH WALSHAM, NR28 0DN.

Please make cheques payable to: **NORTH NORFOLK BEACH RUNNERS**

NOTE: Letters with underpaid or missing stamps will not be retrieved from the Post Office.

SURNAME..... FIRST NAME
 ADDRESS
 POST CODE
 TEL NO DATE OF BIRTH

WORSTEAD RESIDENT?	MALE / FEMALE	AGE ON DAY OF RACE	NAME OF ARC or UK ATHLETICS AFFILIATED ATHLETIC CLUB	AGE C.A.T.***	RACE NUMBER***

*If not a member of a affiliated club, enter U/A ***Please leave these boxes empty

All runners in this 5 mile road race must be at least 15 years old on the day of the race.

Declaration: Please enter me for the above 5 mile road race. I am an amateur and agree to abide by the race rules as defined by ARC . I understand that the organisers will not be held liable for any injury, loss or illness **however caused**, resulting from this event.

Signed(parent or guardian if under 16 years on 24/07/09) Date:

Prize Presentation at approx. 8.30 pm