



# JCB Lakeside 5

## 5 Mile Race

Road Race Licence No: *Applied For*

*Race run under UKA Rules*

*Course measurement certificate number M476*

**Thursday 14<sup>th</sup> July 2011 7.00PM**



### Race Sponsored By JCB Heavy Products on behalf of the NSPCC

Also includes a 'Fun Run' open to all ages - race starts at 6.30PM

Entry Fees: Club Runners & JCB Employees £7.00

Unattached £9.00 Fun Run £5.00

*No Entries on the day*

Please return the completed entry form below with a 9" x 7" SAE to: JCB 5, JCB Lakeside Club,

Hollington Road, Rocester, Staffs, ST14 5HY Telephone: 01889 591057

Email: [jcblakeside@tiscali.co.uk](mailto:jcblakeside@tiscali.co.uk) Cheques payable to 'JCB Lakeside Club'

Closing Date: 8 July 2011 500 Race Limit

Prizes: Male and Female 1<sup>st</sup> – 3<sup>rd</sup> Veterans: 1<sup>st</sup> V40/V50/V60 Male and Female

Fun Run 1<sup>st</sup> Male and Female Under 15 Race Memento to all Finishers

#### ENTRY FORM

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact No: \_\_\_\_\_ Email: \_\_\_\_\_

Athletics Club: \_\_\_\_\_ UKA No: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ NSRRA No\*\*: \_\_\_\_\_ Male/Female: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Fee enclosed: \_\_\_\_\_ JCB Employee?: \_\_\_\_\_

Please circle the following to indicate age group (if veterans do not declare then they will be included in the 15-39 age group):

MALE	15-39	V40	V50	V60
FEMALE	15-39	V40	V50	V60

Minimum age for the 5 Mile Road Race is 15 years on or before the race day. I declare that: (1) I am an amateur under UK Athletics rules; (2) I will abide by the UK Athletics rules; (3) I enter and intend to run entirely at my own risk.

Runners Signature \_\_\_\_\_ Parent/Guardian Signature\* \_\_\_\_\_

Date \_\_\_\_\_

\*NB Entrants under 18 years of age must have signed permission from parent or guardian

\*\* Please leave blank if not a member of NSRRA

