



Reepham Runners Cross Country Race



Sponsored by Whitwell & Reepham Railway
By kind permission of Duncan, Mary & Leigh, Mill Farm

Sunday 20 January 2019

Start – 10.30 am at Whitwell Station, near Reepham

Under ARC Athletic Rules: ARC Permit number: TBC

ALL PROFITS TO REEPHAM NURSERY, NICKY'S FOUNDATION & OTHER CHARITIES

- Course:** Fast, muddy, tough 10K course, over two laps. One lap for 11-15 year olds
A change of clothes is advisable.
- Facilities:** Car Park, Café, Bar, Toilets
- Entry fees:** £10.00 attached to running club, £12.00 unattached for Seniors
£5.00 attached to running club. £7.00 for Juniors (11-15 years) completing 1 lap
Entry on day plus £2.00.

Minimum age 11 years. No dogs allowed to run the course. Race limit 250.
Enter by cheque made payable to "Reepham Runners" and send to Reepham XC, Nick Bowden, The Chimes, Market Place, Reepham, Norwich, NR10 4JJ. Entries on day as long as race limit is not reached

No SAE needed as numbers will be collected on the day

Rewards: Memento for all runners.

Website: www.reephamrunners.co.uk. On line entries at TotalRaceTiming or Reepham Runners website

For further information email: nick@npbowden.co.uk

Directions: <http://www.whitwellstation.com/contact%20us.asp>

Under terms of the data protection act 1998 we are required to inform you that this information is held on computer for race administration only

Surname:		First Name:	
Male / Female:	Date of birth:	Age on day of event:	
Address:			
		Postcode:	
Email address:			
Affiliated Running Club name:		Contact number:	

Declaration: I declare that I am an amateur as defined by ARC rules. I agree to abide by the rules of ARC and the race referees decision. I understand that I run the race at my own risk and that no person(s) or organisations will be held responsible for accident, injury or loss to myself, prior to, during or after the event and that the entry fee is non-refundable. I will obey the highway code and listen to marshals and officials instructions. I agree not to pass my number to another runner without permission of the organiser (this will be strictly enforced for safety and insurance purposes). I understand that the event organisers reserve the right to alter the arrangements and that Reepham Runners reserve the right to close the event for safety reasons should adverse conditions require this.

Signed _____

Date _____

For Juniors Parent's/Guardian's Signature _____

