



NORFOLK GAZELLES RUNNING CLUB

presents the

Alex Moore Memorial Relay Race 30th May 2010 at 10.30 a.m. held at the Goat Inn Public House, Skeyton

A relay race over an accurately measured and undulating course around the village of Skeyton.

Teams consist of three runners: 1st runner (1 lap - 2.2 miles), 2nd and 3rd runners (2 laps – 4.4 miles) and together (all three runners as a team) (1 final lap - 2.2 miles)

Entry Fees:

£18.00 per affiliated team and £21.00 per unaffiliated team

Entry on Day: £21.00 per affiliated team and £24.00 per unaffiliated team

Minimum age on race day – 15 yrs

(Affiliated means that the entrant belongs to either an ARC or UK Athletics affiliated club)

Prizes

Prize for 1st team in each category and a memento to all finishers

Alex Moore Memorial Relay Entry Form			
Name of team:		Name of team captain:	
1 st Runner	Age:	DOB:
2 nd Runner	Age:	DOB:
3 rd Runner	Age:	DOB:
Team category: please tick as appropriate			
Ladies (Senior) (Age: 15 to 34 yrs)	<input type="checkbox"/>	Mens (Senior) (Age: 15 to 39 yrs)	<input type="checkbox"/>
Ladies (Masters) (Age 35+)	<input type="checkbox"/>	Mens (Masters) (Age 40+)	<input type="checkbox"/>
Contact address for team:		Contact telephone/email for team:	
Club (ARC or UKA affiliated) (if any)			
<p>Declaration: I declare that we are amateur runners as defined by ARC/UKA rules. We agree to abide by ARC/UKA rules and the race referee's decisions. We understand that neither the organisers nor their servants will be liable for any injury, illness, loss or action claim (howsoever occasioned) resulting from this event.</p> <p>Data Protection Act: Completion and return of this form indicates your consent to Norfolk Gazelles to process your details for the purpose of administering this race. Related activities and communications include: entry list and race results on website or for media purposes; photographs for publicity purposes and publicity information for future events. Please indicate in the space below if you object to any of the above. Your details will be retained for up to 12 months after the race and will not be disclosed to a third party without your consent.</p>			
Signed		Dated 2010	
(by team captain on behalf of team)			

Completed entry forms with cheque/postal order made payable to 'Norfolk Gazelles' to:
Alex Moore Memorial Relay Race, c/o 66 Colney Lane, Cringleford, Norwich, NR4
Closing date for receipt of postal entries: 23 May 2010 **Collect numbers on the day**