



# NORFOLK GAZELLES RUNNING CLUB

presents

## The Valentine 10K

### 12th February 2012 - 10.30 a.m.

#### Runners Centre Grand Prix event

A 10km race run over an accurately measured, undulating course around the villages of Swanton Abbott and Skeyton. Race HQ at Swanton Abbott Primary School, Youngmans Lane, Swanton Abbott, Norwich NR10 5DZ. Refreshments and toilets will be available.

Race Entry: £8.00 affiliated, £10.00 unaffiliated £2.00 extra on the day Minimum age on race day – 15 years (Affiliated means that the entrant belongs to either an ARC or UK Athletics affiliated club)

Race limit: 300 entrants Entry on the day will close at **10.00 am** prompt (or sooner if race limit reached)

#### Prizes

First male and female £25; second male and female £20; third male and third female £15

First male 15-34; 34-39; 40-44; 45-49; 50-54; 55-59; 60-69; 70+

First female 15-39; 40-44; 45-49; 50-54; 55-59; 60+

Team prizes: First male/female senior team; first male/female masters team (x3 runners)

**Spot Prizes - Supplied by The Runners Centre**

**Memento to all finishers**

**Race Sponsors:**



### The Valentine 10k Entry Form

Last Name			First Name			Male / Female		
Date of Birth				Age on Race Day (12 <sup>th</sup> Feb 2012)				
Address								
Post code								
Telephone number								
Email address								
Club (ARC or UKA affiliated) (if any)								
<p><b>Declaration:</b> I declare that I am an amateur runner as defined by ARC/UKA rules. I agree to abide by ARC/UKA rules and the race referee's decisions. I 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><b>Data Protection Act:</b> 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 .....		

Completed entry forms with cheque/postal order made payable to 'Norfolk Gazelles' and A5 SAE\* to:  
The Valentine 10K, c/o 66 Colney Lane, Cringleford, Norwich, NR4 7RF  
Closing date for receipt of postal entries: 6<sup>th</sup> February 2012 \* **Please ensure correct postage for A5**