



# The Great Yarmouth East Coast 10k

Sunday 14th October 2018 10.30 am

Organised by Great Yarmouth Road Runners

Held under UK Athletics Rules. UKA Licence No: Pending.

Accurately Measured Course.

This fast and flat 10k race covers the pavements and promenade of Great Yarmouth with fast times guaranteed. The race begins and finishes on Great Yarmouth Promenade. Plenty of onsite parking.

**\*\*\* Memento to all finishers \*\*\* Chip timing \*\*\***

**Plus prizes and trophies for:**

1st Male; 1st in Male Vet Categories 40 - 75; 1st Senior and Vet Male Teams (of 3)

1st, Female 1st in Female Vet Categories 35 - 70; 1st Senior and Vet Female Teams (of 3)

**Race HQ: Trafalgar Road, Great Yarmouth, Norfolk**

ENTRY FEE: £15.00 AFFILIATED £17.00 UNAFFILIATED £3.00 EXTRA ON THE DAY

ENTRY LIMIT: 1000. Postal closing date is 11<sup>th</sup> October but entries accepted on the day subject to availability

CHEQUES: Payable to 'Great Yarmouth Road Runners'

ENTRIES: Gt Yarmouth 10k, Nice Work, Teviot, Malthouse Lane, Peasmarsh, East Sussex TN31 6TA

**MORE INFO & ONLINE ENTRY LINKS: [www.nice-work.org.uk](http://www.nice-work.org.uk)**

**FURTHER INFORMATION AVAILABLE ON 01797 229955**

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PLEASE ENTER ME FOR THE GREAT YARMOUTH EAST COAST 10K [ ]

PLEASE COMPLETE THE BELOW FORM IN BLOCK CAPITALS

SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

AGE ON 15/10/2018 \_\_\_\_\_

Sex: Male/Female (delete as applicable)

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

RUNNING CLUB \_\_\_\_\_

ARE YOU A MEMBER OF A UK ATHLETICS REGISTERED CLUB? Yes/No (delete as applicable)

I declare I will be over 16 years of age on 14/10/18 and I agree that the organisers shall not be liable for any injury, accident, loss or damage to myself or to anyone accompanying me in consequence of my participation in this event. I also declare that I am medically fit at the date of this application and that I will not participate in the event unless I am medically fit to do so. I will also obey all Marshal's and organiser's instructions. If under 18 years of age application should be signed by a parent/guardian.

SIGNATURE.....DATE.....

Occasionally, we'd like to tell you about some of our other races and events but if you'd prefer not to receive this information, please tick here [ ].