



# Great Yarmouth Road Runners

## The 2019 Great Yarmouth Promenade 5 Mile Series

**A fast, flat course along the seafront with PB potential!**

Under UKA Rules Minimum age on race day – 15 years

Licence No Applied for. Course Measurement – SE 16/317

**Wednesdays 24<sup>th</sup> April – 8<sup>th</sup> May – 22<sup>nd</sup> May**

**\* CHIP TIMED\* by **

**All Races Start at 7:15 pm**

**Race HQ : Marina Centre, Marine Parade, Great Yarmouth NR30 2ER**

**\* Refreshments Available\* Changing & Shower Facilities\*Supervised baggage\***

**\*Age group prizes\* and \*Bespoke Individual Medal for each race which stack and interlock for a superb memento, if you complete the series \***

Male and Female Course Records awarded only once for the series **£50**

**Entry Fees:** (Note : Entries on the night + £1.00)

**UKA Affiliated** : £12 per race or £33 for the Series

**Unaffiliated** : £14 per race or £39 for the series

**REDUCED RATE FOR JUNIORS!** (age 15-17)

**Junior UKA Affiliated** £5 per race or £15 for the series

**Junior Unaffiliated** £7 per race or £21 for the series

Last Name .....First name..... M/F .....

Address.....

.....Postcode.....

Date of birth ...../...../.....

Age on Race Day 2019.....

e-mail..... Contact Tel :.....

Club Name or Unattached.....Personal UKA Reg No.....

**Please mark with an X the race(s) you are entering:**

<b>Wednesday 24<sup>th</sup> April</b>	
<b>Wednesday 8<sup>th</sup> May</b>	
<b>Wednesday 22<sup>nd</sup> May</b>	

**Race numbers and timing chips to be collected on the night**

**Note: The use of earphones of any type is not permitted, and wearers will be disqualified.**

I declare that I am an amateur as defined by UK Athletics and will abide by their rules. I am medically fit and will run entirely at my own risk. I understand that the race organisers will not accept any responsibility for any injury, loss or damage as a result of my participation in the race(s).

You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category."

Signed.....

Date.....

(Parent/Guardian if under 18)

Send Entry form and cheque (*payable to: Great Yarmouth Road Runners*) to: GYRR 5 Mile Series, Nice Work, Teviot, Malthouse Lane, Peasmarsch, East Sussex, TN31 6TA.

**Enquiries: 01797 229955**

Or Enter online at : [www.nice-work.org.uk](http://www.nice-work.org.uk)

Please tick here if if you wish to receive emails about future events

**EVENT CHARITY :**

50p for each race entry will be donated to the



at the James Paget Hospital, who deliver care and support to patients with malignant and non-malignant conditions, including blood disorders and cancers. Treatment for these conditions, investigative procedures and emergency care is performed in the unit.

Around fifty to sixty patients attend the Centre each day for treatments including:

- Chemotherapy
- Blood Transfusions
- Supportive Treatments for Malignant and Non-Malignant Conditions
- 24/7 Emergency Telephone Assessment Service
- Bone marrow investigations
- Myeloma Clinic
- Lymphoma Clinic
- Oral Chemotherapy Clinic