



The Jaguars are not flying here anymore but runners can ...



Coltishall Jaguars RC offer you : -

THE *Mike Groves Run 10k*

This race on the 4th June 2017 starts at 10.00 am .

The course on the old RAF air base at Coltishall (now called the Scottow Enterprise Park) is flat , fast and traffic free and is different to that used for the Mad March Hare on the 19th March and the Jolly Jaguars on the 24th September

The course is accurately measured and certified and the race permit is ARC 17/013

Race Entry: £12.00 attached to any club, £14.00 unattached, Minimum age on the race day – 15 years.
Entry on the day £2 extra

Engraved trophies to:

The 1st, 2nd and 3rd man and the 1st, 2nd and 3rd lady
The 1st man and 1st lady in the age groups 15 – 39 , 40-44 , 45 – 49 , 50-54 , 55 -59 , 60 -67 . 68 and over
Team prizes for the first senior and the first veteran team for men and ladies
(only one individual prize per runner)

ALL FINISHERS WILL RECEIVE A QUALITY COMMEMORATIVE MEMENTO

Online entries and chiptiming by NICEWORK

Last Name		First Name		Male	<input type="checkbox"/>
				Female	<input type="checkbox"/>
Date of Birth:		Age on race day			
Address:					
Postal Town:			Post Code:		
Home Tel:			Mobile:		
E-mail:					
Club (ARC/UKA) affiliated or unaffiliated:					

DECLARATION

I declare that I am an amateur runner as defined by the ARC and I agree to abide by the ARC rules and the decisions of the race referee. I understand that I will run entirely at my own risk.

DATA PROTECTION ACT : I understand that the details I have provided in this form will be entered on to a computer for use by the organisers of this event and will not be passed on to a third party without my consent.

Signed: _____ Date: _____ Fee Enclosed: £ _____

Completed entry form with cheque/postal order (payable to Coltishall Jaguars RC) to:
Alan Groves, Forever Autumn, 2 Westbourne Road, Coltishall, NR12 7HT.

Number to be collected from HQ on race day. Details of the race, list of competitors and final instructions can be downloaded from: www.coltishalljaguars.com