



Newark Athletic Club  
Presents  
The Gordon Whelbourn  
Running Week  
2009



Monday 1<sup>st</sup> to Friday 5<sup>th</sup> June 2009  
Incorporating the Dr Simeon Hansard Memorial Trophy  
and the

Mary Whelbourn Trophy

Monday	7.15 pm	Britannia Public House, Farndon	Approx 3 miles
Tuesday	7.15 pm	Grove Leisure Centre, Balderton	Approx 4 miles
Wednesday	7.15 pm	Devon Park, Newark	Approx 4 miles
Thursday	7.15 pm	Worthington Simpson Social Club, Hawton Lane, Balderton	Approx 3 miles
Friday	7.30 pm	Newark Rugby Club, Kelham Road	Approx 10K

*The 10K race on Friday is also considered as a separate event*

Results will be available on [www.newarkathletics.co.uk](http://www.newarkathletics.co.uk)

Finishers of all 5 races will receive a souvenir mug

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Surname: \_\_\_\_\_

Forenames: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex: M/F Age on June 1<sup>st</sup> 2009: \_\_\_\_\_ YRS

Affiliated Club: \_\_\_\_\_

Entry Fees Aff: Mon – Thurs £2.50 each race, Fri open 10K £6.50, all five races £13.00

**All entrants please read and sign DECLARATION:**

**I declare that I am medically fit and understand that I enter the runs at my own risk. The organisers and sponsors are not responsible for any injury or illness caused to me during, or as a result of the event, nor any property lost or damaged during the event or in the changing rooms**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please make cheques payable to: Newark AC and send your entry to Robert Orgill, 15 The Ivies, Farndon Road, Newark, Nottinghamshire NG24 4SR or enter on the night before 7:00 pm.

No need to send envelopes, collect your number from registration which you will use for all races entered.

Please feel free to copy this form for others.