



Newark Athletic Club  
Presents the 34<sup>th</sup>  
Gordon Whelbourn Running  
Week



Monday 3<sup>rd</sup> to Friday 7<sup>th</sup> June 2019  
Incorporating the Dr Simeon Hansard Memorial Trophy  
and the

Mary Whelbourn Trophy

Monday	7.15 pm	Tom Mann Pavilion, Devon Park, Newark	Approx 5K
Tuesday	7.15 pm	Newark AC, Newark Academy School, London Road, Balderton	Approx 5K
Wednesday	7.15 pm	Flowserve Social Club, Hawton Lane, Balderton	Approx 5K
Thursday	7.15 pm	Farndon riverside (park at Memorial Hall)	Approx 5K
Friday	7.30 pm	Flowserve Social Club, Hawton Lane, Balderton	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)

Under UKA rules – licence applied for

**Finishers of all 5 races will receive a souvenir**

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.

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

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

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

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

Date of Birth: \_\_\_\_\_ Sex: M/F Age on June 3<sup>rd</sup> 2019: YRS

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

Email address: \_\_\_\_\_

Emergency contact: \_\_\_\_\_

Entry Fees: Mon – Thurs £4.00 each race, Fri open 10K £8.00, all five races £20.00

Races Entered	Mon	Tue	Wed	Thu	Fri	All
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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. I agree that we may publish 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: \_\_\_\_\_

Please feel free to copy this form for others.