### a new fast, flat, 2 loop, 10k road race

Sunday 28th May 2006



A 10k road race around King's Lynn, Norfolk with its rich heritage and modern town centre.

Club runners £7.50 (non affiliated £9.50).

Prizes. For details of the race and many exciting support events please visit our website or send SAE to:

Sports Development Unit (GEAR), c/o Lynnsport, Green Park Avenue, King's Lynn, PE30 2NB.





### bespak--



# Great East Anglia Run (10k ROAD RACE)

(Held under UK Athletics Rules)

Sunday 28<sup>th</sup> May 2006 at 10.30 am The Walks, King's Lynn, Norfolk Suitable for Wheelchairs



Ten Mile Bank, Norfolk PE38 0ER.

Prizes: See <a href="www.greateastangliarun.co.uk">www.greateastangliarun.co.uk</a></a>
Unique quality medal to all finishers.



Fast, flat, two-looped course through historic King's Lynn. Free parking, excellent for spectators, family entertainment

Supported by	Please PRINT when completing this form.		Supported by	
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Surname	•••••	Address	•••••	
First Name	•••••	•••••	•••••	
Date of birth	•••••	Post Code	•••••	
Age on race day	years	Telephone No	•••••	
Gender (M/F)	••••••	E-mail	•••••	
Affiliated club	•••••	Predicted time	•••••	
		the Corporate Challenge?	•	
Wheelchair entrant	· —	Enclosed f		
Entry Fees: Affiliated £7.50, non-affiliated £9.50. Enclosed £				
DECLARATION: I am an amateur as defined by the UK Athletic rules. I agree to abide by the rules of the event and that official decisions will be final. I confirm that I have no known medical disabilities that would endanger myself and I will not run on the day if not fit. I will be 15 years of age on or before 28 May 2006, the youngest permitted age to run a 10k.				
Signed		Date		
Please return this form plus cheque/postal order payable to 'Borough Council of Kings Lynn and				

POSTAL ENTRIES CLOSE 19<sup>th</sup> May 2006. NO ENTRIES WILL BE TAKEN ON THE DAY.

West Norfolk (GEAR)' with A4 SAE to: Great East Anglia Run, Glebe Farmhouse, Station Road,

#### **Great East Anglia Run**

Schools need to complete the gold entry form and each of their team members must complete an individual entry form and send them all in to Fan Brown, King Edward VII High School, King's Lynn, together.

On the individual entry form runners should tick Corporate Challenge and put the name of their school below.



## The Mayor's Schools Challenge



King's Lynn - Sunday 28th May 2006

The Bespak Great East Anglia Run is a new 10k road race around King's Lynn. High Schools are invited to enter teams of young people (over 15yrs) in the Mayor's Schools Challenge. Enter as many young people as you wish to represent your school - the results procedure will automatically place them in school teams of 4 according to times achieved. Awards go to teams placed 1st, 2nd and 3rd.

Entry Fees: £9.50 per runner (£7.50 if affiliated to an athletic club)



Closing Date for Entries: 5th May
Further details from Fan Brown at KES
on 01553 780883 and at
www.greateastangliarun.co.uk





## Entry Form The Mayor's Schools Challenge

Return to: Fan Brown, King Edward VII School, Gaywood Road, King's Lynn PE30 2QB by 5th May. Cheques payable to: Borough Council of King's Lynn and West Norfolk

NB. Each runner must also complete an individual entry form (downloadable from the website or available by contacting the SDU on 01553 818015/7)

School:		••••••
School Contact Name:	••••••	•••••
Address:		••••••
•••••		••••••
Tel:		•••••
We enter a team of runners (na cheque(s) totalling £		,
Signed:	Data	

The Mayor's Challenge - Runners Details				
First Name	Surname			
	••••••			
	••••••			
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All runners must be over 15 years of age on race day.

\* Affiliated means a member of a running or athletic club affiliated to UK Athletics