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Registered Charity No. 286650

Supported by the 'North Norfolk Beach Runners'

Cross Country Event

Stody Estate, Holt, Norfolk

Sponsored 5 mile run*

(*varied category distances -please see over)



Sunday 29th January

Start time 1st race - 10am

FREE Entry
(with sponsor form)

Supporting BREAK Charity

Registered Charity No. 286650



<i>Race Times</i>	<i>Category</i>	<i>Distances (approx)</i>
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10.00am	Under 13 [Girls and Boys] (For ages 11/12 years old)	3km / 1.9miles
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10.30am	Under 15 [Girls and Boys] (For ages 13/14 years old)	4km / 2.5miles
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11.00am	Under 17 [Girls and Boys] (For ages 15/16 years old)	5km / 3.1miles
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	Junior Women (For ages 17/18/19 years old inc.)	5km / 3.1miles
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11.30am	Junior Men (For ages 17/18/19 years old inc.)	8km / 5miles
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	Senior Women	8km / 5miles
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	Senior Men (Senior Women and Men = aged 20 years and over)	8km / 5miles
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Notes: All ages taken as at midnight 31 August 2005.
 All entrants under the age of 16 must be accompanied by an adult.
 Upon receipt of your completed booking form we will send to you all relevant information, including sponsor forms and site map.
 Please arrive at least half an hour before your race start time for registration at the **BREAK** marquee, where you will be issued with your race number.

There is ample on-site parking and for your safety the course is marshalled and will be attended by the St Johns Ambulance.

Refreshments are available on-site - Graves Mobile catering.

Prizes awarded for the winner of each category and for the best fancy dress!

***Timed runners, fun runners and fancy dress runners
 - all welcome!***

**Disclaimer: Participants take part entirely at their own risk.
 BREAK can take no responsibility for any injuries received, howsoever caused.**

Cross Country Run 2006

INDIVIDUAL BOOKING FORM

Name: _____

Address: _____

Date of Birth: _____ Postcode: _____

Telephone: _____

Email: _____

School, Club or Organisation: _____

Category (please tick as appropriate):

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Under 13
Under 15
Under 17
Junior Women

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Junior Men
Senior Women
Senior Men
Fun Runner

Signed: _____ Dated: _____
 (parent/guardian signature if 16 or under)

Please return your completed form to:

Liz Holman, Community Officer
 BREAK, FREEPOST ANG20746,
 1 Montague Road, Sheringham, Norfolk, NR26 8BR

Thank you!