

Supported and timed by the
'North Norfolk Beach Runners'



Cross Country Run

Sunday 24th February

Stody Estate, Holt

(meet at The Bell Public House, Hunworth)

First race 10am

(varied category distances)

Call Liz Holman **01263 820710**

liz.h@break-charity.org



Supporting BREAK Charity raising funds to help people in need





Contact: Liz Holman

**BREAK Charity
Davison House
1 Montague Road
Sheringham
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NR26 8WN**

**Tel: 01263 820710
Fax: 01263 822181**

**Email: liz.h@break-charity.org
Web: www.break-charity.org**

Registered Charity No. 286650

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Race Times	Category	Distances (approx)
10.00am	Under 13 [Girls and Boys]	2 miles / 3.5km
10.30am	Under 17 [Girls and Boys]	3 miles / 4.5km
11.00am	Seniors [Men and Woman]	5 miles / 8km

All entrants and supporters will meet at The Bell Public House in Hunworth on the Stody Estate half an hour before their race time.

Hot drinks and breakfast will be available from 10.00am, and lunch from 12.00 midday in the Bell Public House.

Please raise sponsorship (recommended minimum £20 per person) for this event to support BREAK Charity.

Notes: All ages taken as at midnight 31 August 2007.

All entrants under the age of 16 must be accompanied by an adult.

Upon receipt of your completed booking form we will send you all relevant information, including sponsor forms.

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 (please write your name, address and any medical condition/s on the back of your race number).

Please remember to warm up well and wear appropriate clothing for the time of year.

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

Timed runners, and fun runners- all welcome!

Prizes awarded for 1st, 2nd and 3rd place in each category.

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

Cross Country Run 2008

INDIVIDUAL BOOKING FORM

Name: _____

Address: _____

Date of Birth: _____ Postcode: _____

Telephone: _____

Email: _____

School, Club or Organisation: _____

Category (please tick as appropriate):

☐ **Under 13**

☐ **Under 17**

☐ **Senior**

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

Please return your completed form by Tuesday 19 February to:

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

Thank you!