



THE ISLE OF MAN VETERAN ATHLETES' CLUB

OPEN 20 Mile ROAD RUNNING RACE

Ideal preparation for a Spring Marathon!

Held under UK Athletics Rules.

Sunday 3rd March 2019 Start 09:00

On the NSC Perimeter Road, Douglas

Registration on the day closes at 08:45

Entry Fees: UKA Affiliated Runner: £5.00 Un-affiliated Runner: £8.00

Entries close: Midnight, Friday 1 March 2019

Entries on the day £3.00 extra subject to Race Limit

Surname:	<input type="text"/>	Forename:	<input type="text"/>
Address:	<input type="text"/>		
Email	<input type="text"/>		
Tel:	<input type="text"/>	Date of Birth:	<input type="text"/>
Athletic Club:	<input type="text"/>	Age on Race Day:	<input type="text"/>
EA Reg No	<input type="text"/>		

Please note that there will be no refunds - if you do not start the race your entry fee will contribute towards the cost of the event. Signing on at Manx Harriers clubhouse

Signature

Please make cheques payable to IOMVAC and send to:-

**Mandine Wilson, 92 Ballanorris Crescent, Friary Park, Ballabeg IM9 4ES
(Tel:452515)**

Trophy Presentation, Prizes and Refreshments following the event approx. 12:15

Important Race Information - as the race is held on closed roads the wearing of headphones is permitted but please be aware of runners lapping you and of marshals instructions especially lap counters who will give you regular updates on laps completed. A bell will be sounded to indicate your last lap.

In entering this event you agree that we may publish your 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.