ISLE OF MAN VETERAN ATHLETES' CLUB

Presents

'THE NEVER GIVE UP'

AUTUMN HANDICAP with Electronic Timing!!
10K ROAD RUN & 5K RACE WALK

To be held at the National Sports Centre, Perimeter Road, Douglas
Thursday 17 October 2019 at 6.30pm (Walk) and 7.15pm (Run)

Open to all senior athletes (18+)

Entry Fee: £10.00 (Unattached) £6.00 (Athletic Club members only)
Free Entry for all members of IOMVAC

Entries close: Midnight, Sunday 13 October 2019

Make cheques payable to IOMVAC and send with this form to:

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

NO ENTRIES WILL BE ACCEPTED ON THE NIGHT

10K RUN	**Please tick here if entering the run** This race forms the 2nd leg of the Bob Skillicorn Trophy Comp.	
5K WALK	**Please tick here if entering the walk** This race forms the 2nd leg of the Ann Brough Trophy Comp.	
	Start times will be calculated according to 2019 Spring Handicap result. If you didn't compete in the Spring Handicap please submit:	
10K RUN	Best recent 10K time:	Event:
5K WALK	Best recent 5K time:	Event:
If no times available for race distance please give other distance and/or time expected times: Run / Walk: Time:		

Name:	Mr / Ms		
Address:			
Telephone:			
Email:			
IOMVAC member	Yes/ No	If No which athletic club are you a member of:	
Date of Birth:		Age on race day:	

Signed..... Date.....

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.

Race Registration (30 minutes before start) and post-race refreshments at Manx Harriers Clubhouse