

ISLE OF MAN VETERAN ATHLETES' CLUB

AUTUMN HANDICAP with Electronic Timing!!

10K ROAD RUN & 5K RACE WALK

To be held at the National Sports Centre, Perimeter Road, Douglas
Thursday 15 October 2020 at 6.30pm (Walk) and 7.15pm (Run)

Open to all senior athletes (18+)

Entry Fees: **£5.00 IOMVAC Club members**

£10.00 (Unattached) £7.00 (UKA Affiliated Club members)

Entries close: Midnight, Sunday 11 October 2020

Post/Email completed form to:

Mandine Wilson, 92 Ballanorris Crescent, Friary Park, Ballabeg, IM94ES

mandine@manx.net

	Paid BACS: IOM VAC Lloyds Bank 30-12-80 Acc 44787560 Ref: Autumn HC Transaction date & ref:
	Cheque attached - payable to IOM VAC (tick appropriate box)

NO ENTRIES WILL BE ACCEPTED ON THE NIGHT

10K RUN	Please tick here if entering the run This race forms the 2 nd leg of the Bob Skillicorn Trophy Comp.	
5K WALK	Please tick here if entering the walk This race forms the 2 nd leg of the Ann Brough Trophy Comp.	
Start times will be calculated according to 2020 Spring Handicap result. If no times are available for race distance please give other distance and/or time expected times: 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:

Name:	Male/Female		
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