



ISLE OF MAN VETERAN ATHLETES' CLUB

Presents

AUTUMN HANDICAP 10K ROAD RUN & 5K RACE WALK Sponsored by Dursley Stott OBE ENTRY FORM

**To be held at the National Sports Centre, Perimeter Road, Douglas
Thursday 16 October 2014 at 6.30pm (Walk) and 7.15pm (Run)**

Open to all senior athletes (18+)

Entry Fee: £4.00 (Athletics Club members) £6.00 (Unattached)

Entries close: Midnight, Sunday 12 October 2014

Make cheques payable to IOMVAC and send with this form to:
Carolyn Magee, 15 Snaefell Road, Willaston, Douglas, Isle of Man, IM2 6LU

NO ENTRIES WILL BE ACCEPTED ON THE LINE

10K RUN	Please tick here if entering the run This race forms the second leg of the Bob Skillicorn Trophy Competition		
5K WALK	Please tick here if entering the walk This race forms the second leg of the Ann Brough Trophy Competition		
	Start times will be calculated according to 2013 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 time, or expected times:			
Run / Walk:		Time:	

Name:			
Address:			
Telephone:			
Email:			
IOMVAC member:	Yes / No		
Date of Birth:		Age on race day:	

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

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