



# THE ISLE OF MAN VETERAN ATHLETES' CLUB

PRESENTS



## THE VETERANS AUTUMN HANDICAP SIX MILE ROAD RACE & 5K RACE WALK, 2010

To be held at the National Sports Centre Perimeter Road, Douglas  
Thursday 16<sup>th</sup> September at 6.30pm (Walk) and 7.15pm (Run)

Open to all BMAF registered athletes

**CERTIFICATES TO ALL FINISHERS ON REQUEST**

**Entry Fee: £4 - (Entries Close: Monday 13<sup>th</sup> September)**

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

Marie Jackson, 1 Primrose Avenue, Douglas IM1 4EA

Please complete **EITHER** the Road Run **OR** the Race Walk section below

***NO ENTRIES WILL BE ACCEPTED ON THE LINE !!!***

### **6 MILE RUN:**

*Please tick here if entering the run*

- This race forms the second leg of the Skillicorn Trophy Competition
- Start times will be calculated according to finishing times in 2010 Spring Handicap.

### **5K WALK:**

*Please tick here if entering the walk*

- This race forms the second leg of the Ann Brough Trophy Competition
- Starting times will be calculated with reference to finishing times in the 2010 Spring Handicap
- **ANY ENTRANT WHO DID NOT PARTICIPATE IN THAT RACE MAY SUBMIT AN AUTHENTICATED RESULT FROM A RACE OVER A CERTIFICATED 10km OR 5km COURSE DURING THE PAST 12 MONTHS**
- Please submit;

Best recent 10K walk time

Event:

**OR** Best recent 5K walk time:

Event

**Name:**

**BMAF Reg. No.**

**Address:**

**Tel:/email**

**Date of Birth:**

**Age on race day**

**Signed:**

**Date:**