



# ISLE OF MAN VETERAN ATHLETES' CLUB

## SPRING HANDICAP

### 10K ROAD RUN & 5K RACE WALK

**VENUE: National Sports Centre, Perimeter Road, Douglas  
Thursday 17 March 2022 at 6.30pm (Walk) and 7.20pm (Run)**

Open to all senior athletes (18+)

**Entry Fees:** £5 for IOMVAC members, £8.00 affiliated to EA & £10 for non-affiliated.

**Entries close: Midnight, Sunday 13 March 2022**

Email entry form to [iomvaclub@yahoo.co.uk](mailto:iomvaclub@yahoo.co.uk) if paying by Bank transfer

**Bank details: Sort Code: 30-12.80, Account No: 44787560**

or

Make cheques payable to **IOMVAC** and send with this form to:  
Lee Johnson, 37 Devonshire Road, Douglas, IM2 3QZ (Tel: 205858)

#### NO ENTRIES WILL BE ACCEPTED ON THE NIGHT

<b>10K RUN</b>	<b>Please tick here if entering the run</b> This race forms the first leg of the Bob Skillicorn Trophy Competition. Start times will be calculated according to Age and Gender	
<b>5K WALK</b>	<b>Please tick here if entering the walk</b> This race forms the first leg of the Ann Brough Trophy Competition. Start times will be calculated according to recent 5k walk time	
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, licenses 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**