



THE ISLE OF MAN VETERAN ATHLETES' CLUB



PRESENTS

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

To be held at the National Sports Centre Perimeter Road, Douglas
Thursday 8th April 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 5th April)

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 first leg of the Skillicorn Trophy Competition
- Start times will be calculated according to The Road Runners Club Standard times

5K WALK:

Please tick here if entering the walk

- This race forms the first leg of the Ann Brough Trophy Competition
- Starting times will be calculated with reference to finishing times in the 2009 Autumn 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: