Portland 10

Royal Manor of Portland Athletic Club Annual 10 mile Road Race

Sunday 7th July 2019 start 10.00am

Race Measurement Certificate No. Run under UKA Rules Race License No. TBA

Memento all finishers

Full details on-line at www.royalmanorac.co.uk

Prizes: 1st, 2nd, 3rd Senior Male
1st, 2nd, 3rd Senior Female
1st Male &Female Portland Resident
1st Male & Female Team
1st U21 40+ 50+ 60+ Male
1st U21 40+ 50+ 60+ Female
1st Male & Female RMPAC Member

Registration - Portland YMCA, Reforne, Portland, DT5 2AN

Entry fee: £14 UKA affiliated - £16 unaffiliated - Entry on the day + £2

Last date for Postal Entries: June 28th - Not suitable for wheelchairs No dogs permitted

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Entries to: Entries Secretary, Sara Dewell, 42 Whitecross Drive, Weymouth Dorset. DT4 9PA
Email: saraattheseaside@aol.com

Name - **Please print legibly** _____ All numbers to be collected on race day

Date of Birth ____/____/____ Sex Male / Female Age on Race Day _____

Address _____

_____

_____ Postcode _____

Email - **Please print legibly** _____

Tel. No. _____

Affiliated Club _____ UKA Registration No _____

I accept the UK Athletics rules and declare that I am medically fit and will not hold the organisers responsible for any injuries, loss or damage resulting from my participation in this event.

I enclose cheque to value of £_____Payable to **"Royal Manor of Portland AC"**

Signature _____ Date _____

Data Protection – Personal details may be held on computer for race purposes only