



★ **43rd ANNIVERSARY** ★
CLEVEDON ATHLETIC CLUB
BOXING DAY 4 MILE ROAD RACE



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(Please complete in BLOCK CAPITALS.)

Email: _____
 Surname: _____ Forenames: _____
 Address: _____

 Post Code: _____ Tel. No. _____
 Club / Organisation: _____
 UKA Affiliated ? Yes / No * Male / Female: _____
 Date of Birth: _____ Age on Race Day: _____

Event Entered: Senior 4 Miles* / Junior 3 km* (* Please Circle)

Cheques and entries, with a **stamped addressed envelope** to:
Andy Heyes, 'The Wall House' Clevedon Hall Estate, Clevedon,
North Somerset BS21 7SJ. (email: chair@clevedonac.co.uk)

[OnLine Entries : www.clevedonac.co.uk](http://www.clevedonac.co.uk)

Closing Date for receipt of Postal Entries : 7th December 2019

Cheques to be made payable to: '**Clevedon A.C.**'

I will abide by the rules and laws of the Association of Running Clubs. I understand that Clevedon A.C. and any person or body involved in these races will not be held responsible for any injury, loss or illness however occasioned resulting from my participation in this event.

(PLEASE NOTE: NO CHANGING FACILITIES)

Signed: _____ **Date:** _____



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THURSDAY 26th DECEMBER 2019

★ **EXTENSIVE PRIZE LIST:** ★

- | | |
|----------------------------|---------------------------------|
| 1st 5 Men to Finish | 1st 5 Ladies to Finish |
| Then: | Then: |
| 2 x 'VET 40' MEN | 2 x 'VET 40' LADIES |
| 2 x 'VET 50' MEN | 2 x 'VET 50' LADIES |
| 2 x 'VET 60' MEN | 2 x 'VET 60' LADIES |
| 1 x 'VET 70' MAN | 1 x 'VET 70' LADY |
| 1 x 'VET 80' MAN | (only one prize per individual) |

SPECIAL £250 BONUS FOR BREAKING COURSE RECORDS:

★ **MEN: 18:28mins (IAN GILLESPIE 1997)** ★
 ★ **LADIES: 20:15mins (KATE REED 2006)** ★

"JUNIOR'S 3 KM RACE" (for ages 6-14) - 10:15am Start

"SENIOR 4 MILE RACE" (for ages 15+) - 11:00am Start

ENTRY FEES:

- | | | |
|--------------------------------|--------|-----------------------------|
| Affiliated Club Runners | £10.00 | } Entries on the day £12.00 |
| Non-Affiliated Runners | £12.00 | |
| Junior Athletes Race (6-14yrs) | £5.00 | Entries on the day £5.00 |

★ **Online Entries: www.clevedonac.co.uk** ★

A.R.C Race Permit Granted

Race HQ & Presentations at the "Little Harp" on Seafont

assisted by: **UP & RUNNING**

38 North View, Westbury Park, Bristol BS6 7QA Tel: 0117 973 9092