



# 31st NOTFAST 10K

10:00am Sunday 8th July 2018



Licence Number: 2018-33444  
Under U.K.A Rules

**Start & finish at Newark Rugby Union Football Club, NG24 1WN on the A617 between Newark and Mansfield**

**Facilities include: - Changing, Showers, Toilets, Refreshments, Bar & Car Parking**

**PRIZES** 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Men, 1<sup>st</sup> & 2<sup>nd</sup> Male Vet 35+, 45+, 55+ & 65+  
1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Ladies, 1<sup>st</sup> and 2<sup>nd</sup> Female Vet 35+, 45+, 55+ & 65+  
One prize per runner, entries on the day are NOT eligible for prizes.  
Chip Timing, Large bespoke medal to all finishers

Closing date for postal entries Friday 6<sup>th</sup> July 2018. Late entries accepted until 9:45am on the day

**Entry also available online at [www.sientries.co.uk](http://www.sientries.co.uk)**

**Please collect your race numbers on the day at the Rugby Club**

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, licences 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 Entries to:** K Watson, 19 Beacon Hill Road, Newark, Nottinghamshire, NG24 1NT  
Telephone: 07960 330 168 Email: [Notfast10k@gmail.com](mailto:Notfast10k@gmail.com)

## NOTFAST 10K ENTRY FORM

SURNAME: \_\_\_\_\_ FORENAME: \_\_\_\_\_ Sex: M / F

ADDRESS: \_\_\_\_\_

POST CODE: \_\_\_\_\_ TEL. NUMBER: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE ON 08/07/18: \_\_\_\_\_ (minimum Age 15)

AFFILIATED CLUB (if applicable): \_\_\_\_\_ UKA Affiliation Number: \_\_\_\_\_

E MAIL ADDRESS (for confirmation of entry): \_\_\_\_\_

I am an amateur as defined by U.K. Athletics and I agree to abide by their rules. I am medically fit and understand that I enter the race at my own risk. The organisers, sponsors and Newark RUFC are not responsible for any injuries caused to me during, or as a result of, the race, or for any property lost or damaged during the event.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Signature of parent/guardian for entrants under 18: \_\_\_\_\_

**Please include:**  
Completed entry form and payment  
Please make cheques payable to NOTFAST running club

**Entry Fee:-**  
Affiliated £16.50 / £18.50 on the day  
Unaffiliated £18.50 / £20.50 on the day