



## CREWKERNE '9' SENIOR RACE JUNIOR RACE, FUN RUN & WALK

ORGANISED BY CREWKERNE RUNNING CLUB

[www.crewkernerc.org.uk](http://www.crewkernerc.org.uk) tel: 01460 74150

Crewkerne Running Club is affiliated to the Association of Running Clubs and UK Athletics

### SUNDAY 31st MAY 2009 at 10.00 am

THE TOWN HALL, MARKET SQUARE, CREWKERNE



**9 MILE SENIOR RACE** - ARC PERMIT No.09/88. Course officially measured and certified accurate. Traditional course, as modified last year. Traffic free country roads through attractive villages and hamlets. Undulating (!)

**Age limits** 16 years and over on 31st May 2009 **Individual Classes** Men - under 40 yrs, 40+, 50+and 60+

Ladies - under 35 yrs, 35+and 45+

**Team Classes** Mens and Ladies

**Memento** A quality Crewkerne T-shirt to all Senior Race finishers. Spot prizes.

### JUNIOR RACE

**Age limit** Boys & Girls 13 to 15 years on 31st May 2009

**FUN RUN & WALK** (same course as Junior Race)

Age limits - See below. Children under 9 must be accompanied by an adult. These events are non-competitive, but there will be numerous spot prizes.

**Memento** HIGH QUALITY DATED CREWKERNE MEDAL FOR ALL JUNIOR RACE, FUN RUN & WALK FINISHERS

Junior Race and Fun Run route follows the 9 mile race route to Shutteroaks and return - approx 3 miles

Changing and toilets (sorry, no showers), clothing storage, refreshments, local pubs, plenty of parking.

Experienced marshals, British Red Cross, Police notified. ★ Drinks every 2 miles. ★ Results on-line, or posted for 50p.

There are many trophies and awards in the senior and junior race classes detailed above as well as spot prizes in all events.

*The Crewkerne '9' event is Race No. 7 of the Somerset Race Series, now 16 events, 8 to count.*

*Tel. Paul Chadwick 01749 812420 or Roy Smart 01460 432025 for further information on the Somerset Series*



## CREWKERNE ENTRY FORM

POSTAL ENTRIES CLOSE WED. 27th MAY. ENTRIES ON THE DAY ARE SUBJECT TO AN ADDITIONAL FEE OF £1.00

SURNAME .....

FIRST NAME .....

ADDRESS .....

.....

.....

POSTCODE ..... HOME TEL .....

E-MAIL .....

DATE OF BIRTH dd/mm/yy ..... AGE ON DAY OF RACE .....

SEX M ..... F .....

NAME OF YOUR ARC or UKA AFFILIATED RUNNING CLUB\*

.....

OTHER TEAM NAME\*

.....

Sunday 31st May 2009

Official use only

PLEASE ENTER ME FOR THE CATEGORY TICKED BELOW:-

**SENIOR RACE 9M** age 16 & over

Affiliated Running Club Member or exempt £6.00   
Non affiliated (inc. levy) £8.00

**JUNIOR RACE**

Boys & Girls age 13 - 15 £2.50

*Boys and girls under the age of 13 enter the Fun Run, NOT Junior Race*

**FUN RUN or WALK** age 16 & over £3.00

age 12 & under £2.50

I declare that I am an amateur and will abide by the rules as laid down by the organisers of the event. I am medically fit and of appropriate age to run the event entered. I understand that I enter at my own risk and that the organisers will not be responsible for any injury, loss, damage, claim, costs or expenses which may arise in consequence of participation in this event. I undertake to run only if I am medically fit on the day of the race.

The correct entry fee is enclosed - cheques made payable to Crewkerne Running Club. Parent or guardian to sign entry for juniors.

Signed ..... Date .....

**ENTRIES: Send with 9 x 6" (C5) SAE to:**

CREWKERNE RUNNING CLUB, ..... (Tel: 01460 74150)  
ROCKTHORNE, PUDDLETOWN, HASELBURY PLUCKNETT, CREWKERNE TA18 7NZ

**NO SAE - COLLECT NUMBER ON DAY, INFO ON WEBSITE**

### \* TEAM EVENTS

SENIOR MEN: FOUR TO COUNT LADIES: THREE TO COUNT

*This form may be photocopied for additional entries*