



**Norham
Running Club
is hosting**

The 24th Norham 10k Road Race and Fun Run

12 Noon (Fun Run 11.30 am)

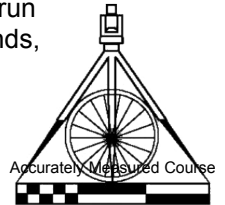
Sunday 26th September 2010

COURSE

Challenging and scenic 10K course, through English and Scottish countryside. Scenic 2k fun run course around Norham. 10k course records - Joseph Kanda (Kenya), in 29 minutes 22 seconds, set in 1997, and Judy Kiplimo (Kenya), in 34 minutes 07 seconds, set in 1997.

LOCATION

The Village Green, Norham. About 1.5 Miles off the A698 Berwick to Coldstream road.



PRIZES

10k: Awarded to male and female, overall and category winners. Prizes for the winning team of 3. First to the Top of the Bank (2k), and £100 for breaking the course record. 10k & Fun Run: Memento for all finishers.

ENTRY

10k £8.00 (+£2 if unattached), closing date 23rd September 2010.
£9.00 (+£2 if unattached), if paid on the day (up until 11.30 am).
Fun Run £2.00, with entry on the day (parents' signature required)

Entries To Romie Scott, 2 The Yett, Kirk Yetholm, Kelso TD5 8PL Phone 01573420612
E-mail: romiescott@tiscali.co.uk Please make cheques payable to -
Norham Running Club, enclose SAE for entry confirmation. Race limited to 300 entries.



Title _____ First Name _____ Surname _____

Address _____ Gender M / F Age on 26/9/10 _____

_____ Date of Birth _____

Post Code _____ Phone _____ Club (or Unattached) _____

E-mail _____

Category	16-19	20-39	40-49	50-59	60-69	70+
Male	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Category	16-19	20-34	35-44	45-54	55-64	65+
Female	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

For Official Use Only

Note: Ages as on 26/9/10

I declare that I will abide by the rules of UK Athletics. I am not under the minimum age to compete in this event, and I accept that the organisers will not be liable for any loss, damage, action, claim, or expenses, which may arise in consequence of my participation in this event. I declare that I will not compete unless I am in good health on the day of the race and that, in any event, I will compete at my own risk.

SIGNED _____ DATE _____