

# **EMBANKMENT 5K ROAD RACE**

*Promoted by the Northern Ireland Masters Athletics Association (NIMAA)*

**Saturday 18 September 2010 at 2.30pm**

*Over 16's*

Entries received before 11 September 2010

**£7.00 Registered**

**£8.00 Unregistered**

Entries received after 11 September 2010 (including on the day)

**£10.00**

## **PRIZES**

1<sup>st</sup> five males, 1<sup>st</sup> five females.

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> U18, male and female.

1<sup>st</sup> two vets in each age group, male and female, to O55.

1<sup>st</sup> O60, O65, O70, male and female.

**ALL CHEQUES TO BE MADE PAYABLE TO: NIMAA**

---

**ENTRY FORM - EMBANKMENT 5K ROAD RACE – 18 SEPTEMBER 2010**

**PLEASE COMPLETE, DETACH AND RETURN WITH PAYMENT TO:  
Drew Crawford, 1 Wilmont Park, Dunmurry Lane, Belfast, BT17 9JW.**

NAME: .....

ADDRESS: .....

.....

DATE OF BIRTH: ..... AGE ON RACE DAY .....

CLUB: ..... MALE  FEMALE

Declaration – Please enter me in the above event, for which I enclose the appropriate fee. I am an amateur as defined by Athletics NI and agree to abide by their laws. I understand that the organisers of the event will not be held liable for any injury, loss or illness, however occasioned, resulting from the event.

SIGNED: .....

**Cheques to be made payable to NIMAA**