



Portsmouth Joggers Club



Purbrook Ladies 5

Run under ARC rules. Course Accuracy No 10/200 ARC.Permit: Applied for.

Sunday 1st June 2014 10a.m Start

This is a single lap course on quiet country lanes, from Purbrook Heath 3 miles north of Portsmouth. There are ample showering and changing facilities and refreshments will be available after the race. Prizes will be awarded in all categories with mementoes to all finishers. The Race instructions will be sent out with race numbers 5 days prior to the event, subjects to SAE being enclosed with entry form
Walkman, MP3, iPod or other similar devices are not permitted at this event.

Entry Fee: £8 affiliated club members. £10 Unattached, £2.00 extra on day.
On day entries close 9-30am. (Entry fees non-refundable).

Online Entries: www.runningdiary.co.uk or www.runnersworld.co.uk

Cheques Payable to: Portsmouth Joggers Club

Minimum Age: 18 on the day of the race.

Closing date: 23 May 2014 (entries received after this date will need to collect numbers on day)

Info from: ladies5@pjc.org.uk or 07967 638922

Prizes: For age categories up to 70+ Plus team prizes (3 to score).

Send entries to: 7 Boundary Way, Cosham, Portsmouth PO6 3ND with 9"x4" SAE

Ladies 5
SURNAME..... FIRST NAME.....
ADDRESS.....POSTCODE.....
TEL No..... E-MAIL ADDRESS.....
DATE OF BIRTH..... Age on day of race.....Est time.....
CLUB (UKA or ARC).....

I enclose entry fee £..... DO NOT FORGET TO INCLUDE A MIN 9" x 4" S.A.E.

Do you have any Medical Condition? Yes/No If Yes the details must be written on back of race number

I declare that I enter this event at my own risk and that no person(s) will be held responsible for any accident, injury or loss to myself prior to, during or after this event and that I am medically fit to participate in this event.

SIGNATURE.....DATE.....

DATA PROTECTION ACT 1998: The information supplied in this form will be retained by the race director, club secretary and or any other person(s) who the club committee reasonably appoint to assist with the proper management of the race and will be used to compile an entrants / results list to be published at the event and on the club website or other club social media.

The information may be used to contact you by e-mail or other electronic media about future Portsmouth Joggers events and news. If you do not wish to receive such further information please tick this box or contact the club secretary at secretary@pjc.org.uk

Portsmouth Joggers does not pass on or sell data to third parties and further that is strictly prohibited on the part of any person(s) appointed by the committee from time to time to assist with the management of club races and or the management of any club database.