

Aldeburgh Olde Marine Regatta and Carnival 10k MINI MARATHON SPONSORED BY:



I certify that I am taking part in the 10k Mini Marathon entirely at my own risk and that I will not hold the organisers or any land owner responsible for any injury that may occur.
I will observe the Highway Code at all times and will not use the main road from Thorpeness to Aldeburgh.

Name

.....

Address

.....

.....

For Official Use Only:

Entrant Number:

For entrants Under 14:

Age.....

Signature of responsible adult:

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Print Name

.....

This event is for all the family – you can run, jog or walk – a great way to spend Sunday morning!

How to Enter:

- Register at the Moot Hall (Upper Chamber) between 10:00am and 10:45am.
- Registration fee is £6, but **free for juniors** (under 14 years on the day).
- Junior registrations **MUST** be countersigned by the adult who will be responsible for the safety of the entrant for the duration of the event.

The Route:

- Copies of the route shown will be available to entrants when they register. The route is well signed and marshalled.
- Participants **MUST** observe the Highway Code at all times **and** take care when crossing roads!
- Participants **MUST NOT** use the main road.
- **No dogs** are permitted on the short stretch of beach that forms part of the route in Thorpeness. For this reason, and in the interests of animal welfare, we ask that you leave your pet at home.

The Prizes:

- Medals presented by the Mayor as soon as 1st, 2nd & 3rd in each category have finished.
- Trophies for the overall winner, first lady, first junior boy and first junior girl. Trophies are retained and displayed in the Moot Hall throughout the year. Winners may wish to arrange for a photograph to be taken at the prize giving.
- All others completing the course by 12.20pm receive a certificate.