

Newmarket Cycling & Triathlon Club
proudly presents

Cam-mind
Supporting local people
experiencing mental health problems



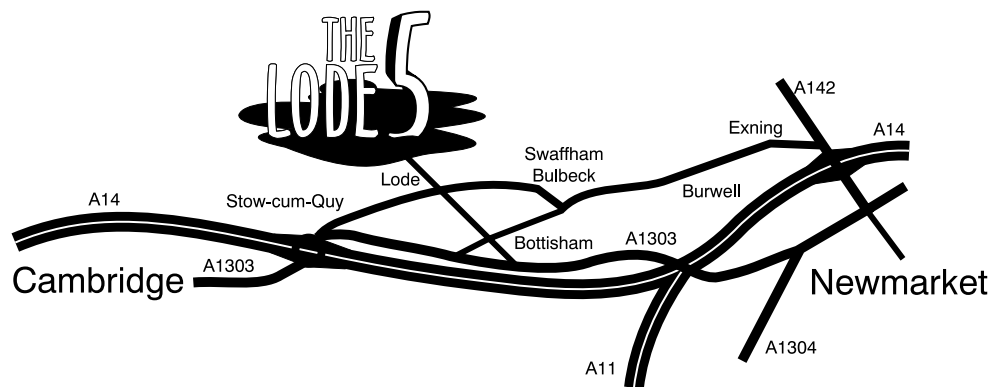
Sunday 15th March 2009 • Start 11.00am

Junior Race 11.10am - approx. 1.5 miles

We are pleased to announce the 5th running of this event.

The 5 mile (approx) run will once again take place on footpaths and farm tracks.

Last year was a bit dry so this year we will be doing a rain dance in the week leading up to the run to hopefully produce plenty of glorious mud!



Race HQ: Lode Social Club

Entry fee: Affiliated Club runners £5 • Non Affiliated runners £7

Entries on the day as above plus £1

Junior Race £3

Prizes: 1st, 2nd, 3rd Male & Female

V40, V50 & V60 Male & Female

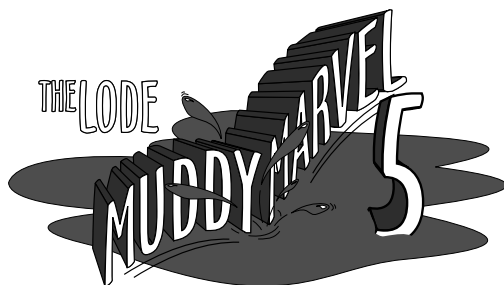
All profits from this years event will be donated to Charity, this years chosen beneficiary will be **CAM-MIND**.



www.newmarketcyclingtriathlon.co.uk

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Sunday 15th March 2009 • Start 11.00am
in aid of **CAM-MIND**

First Name _____

Surname _____

Sex M/F _____ Age on race day _____

Address _____

Email _____

Telephone - Day _____ Evening _____

Name of Affiliated Club _____

Please enter me for the LODE FEN 'MUDDY Marvel 5'
for which I enclose a cheque for £.....
Made payable to 'LODE FEN 5'

I am an amateur as defined by UKA and agree to bound by their rules.
I Confirm that I am medically fit to compete and understand that the
organisers will not be held liable for any injury,
loss or illness howsoever caused resulting from this event.

Entries to:

Karen Payne, 85 Barry Lynham Drive, Newmarket, Suffolk, CB8 8YT

Cheques made payable to 'Lode Fen 5'

Deadline for postal entries Monday 9th March.

Please enclose an SAE

Signed _____ Date _____

