



**Portsmouth Joggers Club**  
Supporting Women in Sport  
Present the 16<sup>th</sup>

# Purbrook Ladies 5

Run under UKA rules. Course accuracy No. SEAA99/078. Permit No

Sunday 29<sup>th</sup> June 2008  
10a.m Start

The Purbrook Ladies 5m road race is a single lap course on quiet country lanes, starting and finishing at Purbrook Heath approximately 3 miles north of Portsmouth.  
There is 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 programme will be sent out with race numbers 5 days prior to the event.

**Entry Fee:** £7-50 affiliated club members. £9-50 Unattached  
(Entry fee's non- refundable). £2 extra on the day.

**Cheques Payable to:** Portsmouth Joggers Club

**Minimum Age:** 15 on the day of the race.

**Closing date:** June 25<sup>th</sup> 2008 (entries received after this date will need to collect numbers on day)

**E-mail info from:** Ladies5@pjc.org.uk

**Prizes:** In all age categories up to 70+, Plus team prizes (3 to score). Course record prize, Currently held by Birhan Dagne (Woodford Green with Essex Ladies) in 27mins 36secs. Plus spot prizes

**Send entries to:** Race Director, 67 Empshott Rd, Southsea, Portsmouth, PO4 8BY.  
Please enclose 9"x4" SAE.

**Enquiries to:** [pauline.robinson27@ntlworld.com](mailto:pauline.robinson27@ntlworld.com) Tel: 07954 382475

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For official use only

Surname: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Telephone No. (inc STD): \_\_\_\_\_ E-mail Address \_\_\_\_\_

D.O.B.: \_\_\_\_\_ Age on Day: \_\_\_\_\_ Estimated time \_\_\_\_\_

Affiliated Club \_\_\_\_\_ Unattached runners  Please tick

Entry Fee Enclosed £ \_\_\_\_\_ (Non Refundable), Race results 50p. Total enclosed £ \_\_\_\_\_

Cheques payable to: Portsmouth Joggers Club.

Age Category (tick box)

<b>Jnr U20</b>		<b>Snr.</b>		<b>V35-39</b>		<b>V40-44</b>		<b>V45-49</b>	
<b>V50-54</b>		<b>V55-59</b>		<b>V60-64</b>		<b>V65-69</b>		<b>V70+</b>	

Do you suffer from any Medical Condition? If yes please state. (This info must also 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, illness or loss to Myself, prior to, during or after the event and that I am medically fit to participate in this event.

Signed \_\_\_\_\_ (parent or guardian if U18) Date \_\_\_\_\_

Data Protection Act: The above information will be processed electronically and held by the organisers on disk. Only names and times will be distributed to results services. If you object to your results appearing, we advise you not to enter this event.