



**DISS & DISTRICT A.C.**  
Present Norfolk's Oldest Road Race  
**CYRIL COMBER MEMORIAL**



# DISS 15 MILE ROAD RACE

**7½ MILE RUN** (1 Lap)

**FUN RUN** (1¼ miles)

**Sunday 28th September 2008**

Under UKA Rules - Permit No: TBA

Race Centre: **Diss High School**, Walcot Road, Diss, IP22 4DH  
*Free parking, Late Entries, Changing, Showers, Refreshments*

Start Time: **Main race and 7½ mile run 10:30 a.m.**  
Start 600yds from school, finish at the school.  
**Fun run 10:45 a.m.** starts from school gates.

Entry Fee: 15 mile race £8 / Unattached £10 ; 7½ mile run £5  
Entries on the day £2 extra.  
*Fun Run £1 (in advance or on the day)*

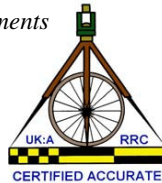
Closing Date: Saturday 13<sup>th</sup> September 2008  
Entry limit 350.

Trophies: 15 Mile Men - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 1<sup>st</sup> M40, M45, M50, M55, M60  
15 Mile Ladies - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 1<sup>st</sup> F35, F40, F45, F50, F55  
15 Mile - 1<sup>st</sup> Team M & F (3 to score, First Claim only)  
7½ Mile - 1<sup>st</sup> M & F  
Individuals one prize only. Memento for every finisher  
Entrants on the day qualify for prizes and team competition

Age limit: Competitors for the 15/7.5 must be at least 18 on race day.

Entries: Send the completed Entry Form and race fee to:  
**Mr S. W. Ingram, 17 Dyers Yd., Norwich, NR3 3QY**  
Make Cheques payable to "Diss and District AC". Thank you.  
Email: [diss15.2008@dissac.co.uk](mailto:diss15.2008@dissac.co.uk)  
Web: [www.DissAC.co.uk](http://www.DissAC.co.uk) ~ course map, results, etc...

race sponsors... **comercrawley** - the personal injury lawyers  
Chancery House, Victoria Rd, Diss, 01379 644311



Enter online at the  
Runners World website  
[runnersworld.co.uk](http://runnersworld.co.uk)

cut here

## OFFICIAL ENTRY FORM

# DISS 15 MILE ROAD RACE

15 Mile Race, 7½ Mile Run, Fun Run

RACE No. (Official use only)

--	--	--	--

Surname: .....

First names: .....

<b>Date of birth</b>	<b>Age on 28/9/08</b>	<b>Sex</b>					
<table border="1" style="width: 100%;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>							<b>M F</b>
<b>Race Entered</b>	<b>Estimated Time</b>						
15 7½ Fun (circle one)	<table border="1" style="width: 100%;"> <tr> <td style="width: 50px; height: 30px; text-align: center;">h</td> <td style="width: 50px; height: 30px; text-align: center;">mins</td> </tr> </table>	h	mins				
h	mins						

Club: ..... **Claim: 1<sup>st</sup> / 2<sup>nd</sup>**  
(or unattached) .....

Address: .....

.....

..... **Postcode:** .....

**Phone:** .....

**Email:** .....

*Declaration : Please enter me for the above event for which I enclose the appropriate fee. I am an Amateur as defined by UK Athletics and agree to abide by the UKA Rules governing Road Races. 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.*

Signature ..... Date .....

[ ] **I have enclosed a large SAE.**  
or [ ] **I will collect my number on race day.**  
(Tick one)

[6May08\_b/P]