

# COBRA RUNNING AND TRIATHLON CLUB

## CHRISTMAS CRACKER

20th December 2009

10.30am Uffmoor Wood



4.5 miles Handicap race open to members

**This year's race and proceeds will be dedicated to the memory of Mark Perry**

The mud, the sweat, the pain!

Are you up to the Cracker!

Trophies to category winners, bottles of wine to all finishers and refreshments after. Prize for the best fancy dress children's story character!  
Entry fee £5.00

Categories

1<sup>st</sup> Prize winner on handicap (2008 Steve Cleary 29.31)

1<sup>st</sup> Runner male or female other than race winner (2008 Jane Marchant 48.34)

Fastest lap male (2008 Steve Cleary 29.31 Record Simon Fletcher 26.45 2005)

Fastest lap Female (2008 Charlotte Whorton 34.55 Record Jacqui Phillips 31.20)

Name \_\_\_\_\_

Phone number (in case of problems on the day) \_\_\_\_\_

Estimated time for the course \_\_\_\_\_

I declare that I am fit to run the Cobra Christmas Cracker and do so at my own peril!!!! I enclose £5.00 entry fee. (Cheques should be made payable to Cobra RC)

Signed \_\_\_\_\_ Date \_\_\_\_\_

Non-member guests may run but are not eligible for category prizes!

Return your entry by Friday 18th December to:

John Lloyd, Windy Ridge, Quantry Lane, Belbroughton, DY9 9UU