

ROCHDALE HARRIERS & A.C.

PRESENT THE

ROCHDALE 10K

Sponsored by 

Tuesday JULY 6th 2010 7:15 PM
SPRINGFIELD PARK, BOLTON ROAD, ROCHDALE

Licence No:

under U.K. Athletics Rules

TOTAL PRIZE FUND £750 IN JD VOUCHERS
TWO THIRDS TO CATERGORY WINNERS AND ONE THIRD IN "SPOT PRIZES"

Course: One lap, undulating

ENTRY FEE: £7 Unattached, £2 discount for U.K.A. Registered Members
ON THE DAY £1-00 EXTRA

Please send Pre -entry forms and S.A.E to **PHIL ROBERTS,**
19 SHEPHERD STREET, NORDEN, ROCHDALE, LANCS OL11 5SU

Cheques should be made payable to **Rochdale Harriers & A.C.**

Surname																				
Forename																				
Address																				
Address																				
Address																				
CLUB																				
Your e-mail address (optional)																				

(Official use only) 10k Race Number	Male	Female	Age on day of race	CONTACT TEL no

I am an amateur as laid down by the laws of U.K. Athletics, and I certify that the entered particulars are correct.
 I understand that I enter this event at my own risk and that I will not hold the organisers responsible for any illness, injury or loss sustained during or as a result of this event.

Signature.....

Date...../...../.....



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