

Rochdale Harriers & A.C.

Permit Numbers **PRESENT THE 16TH ANNUAL** under U.K. Athletic Rules
Applied for

3 DAY EVENT

11th, 12th & 13th of June 2010

FROM THE

BROWN COW NORDEN ROCHDALE

FRIDAY 7-30PM 6 MILE ROAD RACE
SATURDAY 11-00AM 6 MILE MULTI-TERRAIN
SUNDAY 11-00 AM 6 MILE "KNOWL HILL" FELL RACE

Entry Fees: Individual Races: (on the day only) £4-00 Club Members & £6-00 unattached

Pre Entry fees: for all 3 days only £12-00 Club Members & £18-00 unattached

PRIZE LIST:

**A COMMEMORATIVE T-SHIRT TO THE FIRST 60 PRE ENTERED
THREE-DAY EVENTERS WHO COMPLETE ALL 3 RACES.**

Plus at least, Category winners in each age group, in each individual Race.

Closing date for Pre entries: First 60 or first post Tuesday 1st June 2010 which ever is the soonest

Please make cheques payable to ROCHDALE HARRIERS & A.C. with a 9 X 6 S.A.E. to

Phil Roberts, 19 Shepherd Street, Norden, Rochdale, Lancs. OL11 5SU

Surname																
Forename																
Address																
Address																
Town											PCode					
Eng Athletic No																
Club																
(official use only) Race Number	Male	Female	Age on day of Race													

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 or injury sustained during or as a result of this event.

Signature.....

Date.....\.....\.....