

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	
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Forename	
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Address	
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Address	
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Town	PCode
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Eng Athletic No	
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Club	
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(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.....\.....\.....