

Rochdale Harriers & A.C.

Permit Numbers
7575,MT617 & MT618

PRESENT THE 12TH ANNUAL under U.K. Athletic Rules

3 DAY EVENT 9th, 10th & 11th of JUNE 2006

FROM THE

BROWN COW NORDEN ROCHDALE

FRIDAY 7-30PM

6.2 MILE NORDEN ROAD RACE

SATURDAY 11-00AM

6 MILE NADEN VALLEY MULTI-TERRAIN

SUNDAY 11-00 AM

6 MILE "KNOWL HILL" FELL RACE

Entry Fees: Individual Races £4-00 Club Members & £6-00 unattached

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

PRIZE LIST:

**A COMMEMORATIVE T-SHIRT TO THE FIRST 60 PRE ENTERED
THREE DAY EVENTERS and 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 Monday 5th June 2006 whichever 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 P\Code

N.o.E. Reg No

Club

(official use only) Race Number	Male	Female	Age on day of Race
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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.....\.....\.....

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