



WESHAM ROAD RUNNERS

www.weshamroadrunners.co.uk

Presents:

Wesham 10k

Saturday 28th November 2015

Start time: 10.00am prompt

Race HQ: St Mary's Catholic Primary School, Darkinson Lane, Lea, PR4 0RJ

Car Parking for Race Start: BNFL Club Salwick, PR4 ORN

Race over a rural, undulating course - event held under UKA Rules (License Number applied for)

Prizes: First 5 Men and 5 Women; Juniors: First Male and Female U20

Masters: First M40 to M80+ and W35 to W70+

First Teams of 4 Men and 4 Women - 1 Prize per Person except Team

Entry Fees: £10:00 attached £12 unattached £2 extra on the day if limit not reached.

Quality memento to all finishers.

***NO iPods etc – disqualification will occur if any runner is seen wearing such equipment.**

Online entry available at: www.bookitzone.co.uk; www.runnersworld.co.uk or www.runningdiary.co.uk

collect numbers on the day from Race HQ.

Send postal entries and STAMPED, ADDRESSED ENVELOPE (9" X 6") with correct postage for receiving number and info to:

The Entries Secretary, 55 Catforth Avenue, Blackpool FY4 45F, Tel 01253 767417

Cheques and P.O. payable to: WESHAM ROAD RUNNERS.

Email address

pete.cooke@weshamroadrunners.co.uk

Minimum age: 15-years-old on Race Day

*Numbers returned prior to the postal closing date will get FREE entry to the 2015 race.

***POSTAL CLOSING DATE* Sunday 22nd November 2015 or sooner if limit is reached (600 runners).**

This race usually fills up quickly, so please enter early to guarantee a place.

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<u>SURNAME:</u>	<u>AGE ON RACE DAY:</u>	<u>D-O-B</u>
<u>FIRST NAME(S):</u>	<u>ADDRESS:</u>	
<u>MALE/FEMALE:</u>	<u>TELEPHONE NUMBER:</u>	<u>EMAIL:</u>
<u>UKA REG NO:</u>	<u>UKA CLUB:</u>	
<u>DATE:</u>	Office use Number	UK RESULTS
SIGNATURE: (under 16s to be signed for by parent/guardian)		
*Please enter me for the above race. By signing this, I accept that the organisers shall not be liable for any loss of property or injury or illness to my person as a result of taking part. I am medically fit and am an amateur competitor as defined by UK Athletics.		