

**ROCHDALE HARRIERS & A.C.
PRESENT THE 21st ANNUAL
THREE DAY EVENT**

12th, 13th & 14th of JUNE 2015

FROM THE

BROWN COW NORDEN ROCHDALE

FRIDAY 7-30 pm 6 MILE NORDEN ROAD RACE
SATURDAY 11-00 am 6 MILE NADEN VALLEY MULTI-TERRAIN
SUNDAY 11-00 am 6 MILE "KNOWL HILL" FELL RACE

Pre-entry Fees:

Day 1: £5-00 for EA Registered athletes, & £7-00 unattached

Day 2: £5-00 for EA Registered athletes, & £7-00 unattached

Day 3: £4-00

Pre Entry fees: for all 3 days £14-00 for EA Registered athletes & £18-00 unattached

Enter on Day:

£2 Extra to enter on the Day (except for Knowl Hill which is the same price, £4, to enter on the day)

A TECHNICAL Three Day Event T-shirt for those who pre-enter

by 31st May & complete all three races.

Plus individual prizes awarded on each day and overall across the three day event.

Surname															
Forename															
Address															
Address															
Address											Post Code				
EA Reg. No.					Age on race day:				male/female						
Club															
Telephone Number (optional)															
Your e-mail address (optional)															
(Official use only) Race Number															
Tee- Shirt Size (Circle)	S			M			L			XL			XXL		

Please send completed entry form for 3 Day Event by May 31st to Phil Roberts, 19 Shepherd Street, Norden, Rochdale, OL11 5SU. Cheques payable to Rochdale Harriers & A.C.

Collect race number on the day from registration I understand the FRA kit requirements for fell races and agree not to run the Knowl Hill Fell Race if I do not have appropriate kit on the day. I am an amateur as laid down by the rules 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...../.....

