

**ROCHDALE HARRIERS & A.C.  
PRESENT THE 22<sup>nd</sup> ANNUAL  
**THREE DAY EVENT****

**10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> of JUNE 2016**

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: £5-00

Pre Entry fees: for all 3 days £15-00 for EA Registered athletes & £19-00 unattached.

Prices rise by £2 per race (except for Knowl Hill) on 27<sup>th</sup> May or by £4 for the TDE.

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

**by 27<sup>th</sup> May & complete all three races.**

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

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

**Please send completed entry form for The Three Day Event by May 31<sup>st</sup> 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**

In consideration of being allowed to attend this event please sign and date below to show that you agree to the following: 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. 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.

Signature.....

Date ...../...../.....

