

ROCHDALE HARRIERS & A.C.
PRESENT THE
ROCHDALE 10K

On
Tuesday 5th JULY 2016

Permit No: TBC

under England Athletics rules

AT 7-15 PM

Venue: SPRINGFIELD PARK, BOLTON ROAD, ROCHDALE

Course: One lap, undulating

ENTRY FEE: £5-00 EA Registered Members and £7-00 Unattached

ENTRY FEE INCREASES BY £2 ON 22nd JUNE

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															

Please send completed entry forms by 30th June 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 race 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. **Minimum age 16 and** parental signature required if under 18.

Signature.....

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

