

**ROCHDALE HARRIERS & A.C.  
PRESENT THE 20<sup>th</sup> ANNUAL  
**THREE DAY EVENT****

**13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> of JUNE 2014**

FROM THE

**BROWN COW NORDEN ROCHDALE**

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

**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)

**NEW THIS YEAR! A TECHNICAL Three Day Event T-shirt for those who  
pre-enter by 31st May and 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>														

**Please send completed entry forms 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...../...../.....

