

**ROCHDALE HARRIERS & A.C.
PRESENT THE 25th ANNUAL
THREE DAY EVENT**

7th 8th & 9th June 2019

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 RACE
SUNDAY 11:00 am 6 MILE "KNOWL HILL" FELL RACE
 (Small memento to all who finish the 25th anniversary fell race)

Pre-entry Fees:

Pre-entry fees: for all 3 days £17 for EA Registered athletes & £21 for unattached.

Day 1: £6 for EA Registered athletes, & £8 unattached

Day 2: £6 for EA Registered athletes, & £8 unattached

Day 3: £5-00

Prices rise by £2 per race (except for Knowl Hill) on 20th May or by £4 for the TDE.

**A TECHNICAL Three Day Event T-shirt for those who pre-enter
by 24th 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 (please circle, XS available for F only)	XS (F only)		S	M	L	XL	XXL									

**Please send completed entry form for The Three Day Event 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/...../.....

