

**ROCHDALE HARRIERS & A.C.  
PRESENT THE 23<sup>rd</sup> ANNUAL  
**THREE DAY EVENT****

**9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> of JUNE 2017**

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 RACE</b>
<b>SUNDAY 11:00 am</b>	<b>6 MILE "KNOWL HILL" FELL RACE</b>

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, & £7-00 unattached  
Day 3: £5-00

Prices rise by £2 per race (except for Knowl Hill) on 26<sup>th</sup> May or by £4 for the TDE.

A **TECHNICAL** Three Day Event T-shirt for those who pre-enter  
by **26<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 (please circle, XS available for F only)</b>	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 ...../...../.....

