

RIBBLE VALLEY 10k ROAD RACE

Incorporating the

Northern Athletics 2009 10k Road Championships

Sunday 27th December 2009 - - - 1100am Start

Roefield Leisure Centre, Edisford Bridge, CLITHEROE

Event held under UK Athletics rules UKA Licence No. 20090588

T-Shirts to ALL race finishers, Showers & Parking
Classic, fast, scenic & TRAFFIC FREE course - Results on the Day - - Race limit 1500

Prizes Supported By SWEATSHOP Chorley

New Course Time - Bonus Prize £200.00 cash

Bonus for 1st Male time under **29.30**

Bonus for 1st Female time under **32.30**

1st Man £200.00 cash

1st Woman £200.00 cash

2nd - 10th men £100, 75, 50, 25, 15, 10, 10, 10, 10, 10 cash

2nd - 5th women £100, 75, 50, 25 cash

1st 2 teams (3 to count) - £10 x 3

1st 2 teams (3 to count) - £10 x 3

1st Vet team (3 to count) - £10 x 3

1st Vet team (3 to count) - £10 x 3

1st 3 Jnr Males (u18) - £15,10,5

1st 3 Jnr Females (u18) - £15,10,5

1st 3 Male vets - V40 - V45 - V50 = £20, £15, £10

1st 3 Female vets - V35 - V40 - V45 = £20, £15, £10 - V50 = £10

1st Male & Female vet V55 - V60 - V65 - V70 = £10

Entry Fee:- £9.00 (affiliated) / £11.00 (non-affiliated) By 18th December 2009 - - - £2.00 Extra On the Day
Cheques & P.O Payable to 'Blackburn Harriers & A.C.' to: Race Secretary, 185 Shorrock Lane, Blackburn. LANCs. BB2 4TT
Please enclose a S.A.E. For race number & map (otherwise collect on the day) - Online Entries at www.ukresults.net
For further detailed race information go to www.blackburnharriers.co.uk/ribblevalley

First Name:

Surname:

Male / Female (delete as applicable)

AGE (on day of Race):

* Min age restriction of 15 applies to open race / 17 years for championship race

Address:

Club:

UKA Reg. No.

Please indicate if you would like inclusion to the NA Championship Race **YES / NO** (Delete as req)
Eligibility only to EA registered athletes having been born or having 9 months continuous residence in the former NoEAA territory immediately prior to the championship

Fee Enclosed = Affiliated _____

Non-Affiliated _____

Declaration: Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by UK Athletics and agree to abide by their rules. I am medically fit and understand the organisers will not be held responsible for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged during the event (Parental consent is required if applicant is under 18 years of age).

Data protection: If you do not wish any details to be passed onto a third party tick the Data Act box below - **if you would like to be included on the sweatshop mailing list please insert your email address here:-**

Signed:

Date:

Data Act