




10K Road Race

Sunday 4 July 2010 – 10am Start

FAST, FLAT, SCENIC COURSE inc TRAIL Race Limit - 450

VENUE	Riversdale Police Club, Riversdale Road, Liverpool No parking at club	
PRIZES	1st, 2nd, 3rd Male 1st Vet in each category Souvenir to all finishers	1st, 2nd, 3rd Female Team Prizes (4 to count, must run in club vest)
ENTRY FEES	Members of uk:athletics club affiliated: £8.00 Unattached, includes £2 uk:athletics levy: £10.00 Entries on the day until 9:30 (£2 surcharge) until race limit is reached	
CONTACT DETAILS	Please return your completed entry form to Race Secretary, 63 Eastcote Road, Liverpool, L19 7NR with a cheque made payable to Penny Lane Striders Remember to include an A5 sized correctly stamped self addressed envelope . Race details and your race number will be posted out	
<h1>www.pennylanestridders.co.uk</h1>		

England Athletics Licence applied for

 10K Road Race Entry 2010	Surname	uk:a Affiliated £8	Unattached £10
	First Name	Age on Race Day	DOB
	Address	First Claim Club (if any) (Club Vest must be worn)	
		English Athletics No	
	Postcode	Signed	
	Email Address:	Date	
Male / Female			

A signed and completed entry form is an acknowledgement that the entrant runs entirely at their own risk. The organisers accept no liability whatsoever.

Male	Open	V40	V45	V50	V55	V60	V65	V70	V75+
Female	Open	F35	F40	F45	F50	F55	F60	F65	F70+

Race Number
