Penny Lane Striders

10K Road Race

Sunday 11 October 2009 – 11am Start

FAST, FLAT, SCENIC COURSE

VENUE	**Liverpool Cricket Club, Aigburth Road, Liverpool**
COURSE RECORDS	Men: **Phil McGlory**, Liverpool Harriers, **30:30** (2006) Ladies: **Debra Curley**, Wigan Phoenix **35:31** (2000)
PRIZES	**1st, 2nd, 3rd Male** — **1st ,2nd, 3rd Female** **1st Vet in each category** — **Team Prizes** (4 to count, must run in club vest) **Souvenir to all finishers**
ENTRY FEES	Members of England Athletics club affiliated: **£7.00** Unattached, includes £2 England Athletics levy: **£9.00** Limited entries on the day until 10:30 (£1 surcharge)
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 stamped and self addressed envelope. Race details and your race number will be posted out
www.pennylanestridersrunningclub.co.uk	

England Athletics rules permit applied for

10K Road Race Entry 2009

Surname	**uk:a Affiliated £7** **Unattached £9**
First Name	**Age on Race Day**
Address	**First Claim Club** (if any) **(Club Vest must be worn)**
	England Athletics No
Postcode	**Signed**
Male / Female	**Date**

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**	**M40**	**M45**	**M50**	**M55**	**M60**	**M65**	**M70**	**M75+**
Female	**Open**	**F35**	**F40**	**F45**	**F50**	**F55**	**F60**	**F65**	**F70+**

Race Number