

LONGRIDGE 7 MILE

14 December 2008

Permit No
10887

(UNDER The Rules of UK Athletics OPEN TO ALL OVER 16 YEARS)



START 11.am
From Longridge Civic Hall
Off Berry Lane, Longridge , Lancashire

Christmas Pudding to all finishers

Prizes

1st 6 Male

1st vet 40, 45, 50, 55, 60, 65, 70

1st 6 Females

1st vet 35, 40, 45, 50, 55, 60, 70

1st Team Men 3 to count
1st Team Ladies 3 to count

ONLY ONE PRIZE PER PERSON
except team prize

Entry Fee

Attached £7.00 Unattached £9.00

Entries on the Day £1.00 Extra



ENTRIES TO:

Steve Ashcroft, 36 Brook Place, Preston, PR2 1TE Tel 01772 723264
Cheques/Postal Orders made payable to "ROAD RACES (Longridge)"
PLEASE ENCLOSE S.A.E for number etc. Postal closing date 7 Dec 2008

Name		Club
Address		
Post Code		
Tele	Age	D.O.B

Male

Female

E-Mail

I Declare that I am an Amateur as defined by Uk Athletic Rules. I certify that I am fit to run and understand that the Organizers will in no way be held responsible for any Injury or my property during the event.

Ukresults.net

Signed.....

Date