

Blackburn Harriers & Athletic Club  
In conjunction with Roefield Leisure Centre, present the

**RIBBLE VALLEY**

**10k**

**Road race**

Sponsored by

**forbessolicitors.**

**Sunday 28th December 2008 - - - 11:00am Start**

**Roefield Leisure Centre, Edisford Bridge, CLITHEROE BB7 3LA**

UKA Permit No. 10971

**T-Shirts to ALL race finishers - You can enter online at [www.ukresults.net/online](http://www.ukresults.net/online)  
TRAFFIC FREE - Classic, fast, scenic course - Results on the Day - Race limit 1500**

Prizes Supported By SWEATSHOP Chorley

**New Course Record - Bonus Prize £150.00<sup>cash</sup>**

Current Female record Helen Clitheroe 32.20

Current Male record Tomas Abyu 29.33

**1st Man £150.00 cash**

**1st Woman £150.00 cash**

2nd - 10th men 75 & 50(cash) 30,25,15,10,10,10,10

2nd - 5th women 75,50(cash)15,10,

1st 2 teams (all cats) (3 to count) - £10 x 3

1st 2 teams (all cats) (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:- £8.00 (affiliated) / £10.00 (unattached) By 15th December 2008 - - - £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) - For further race information go to [www.ukresults.net](http://www.ukresults.net)

First name:

Surname:

Male / Female (delete as applicable)

AGE (on day of Race):

\* Min age restriction of 15 applies

Address:

Club:

NoEAA No.

Fee Enclosed = Attached \_\_\_\_\_

Unattached \_\_\_\_\_

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