

LANCS FIRE A.C AND WESHAM R.R.& A.C. (Licence No: TBC)

# RUDOLF'S RED NOSE RACE

## SUNDAY 19th DECEMBER 2010

### START 11.00am



SWEATSHOP

Ribby Hall Village, Wrea Green  
(01772) 683822 [www.sweatshop.co.uk](http://www.sweatshop.co.uk)

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**ENTRY FEES:** £7.50 with £2.00 discount for Members of Affiliated Clubs  
Cheques payable to "Wesham Road Runners"

**Closing date 18<sup>th</sup> December – Last numbers posted out on 14/12 - Please enclose a large S.A.E.**

**NO ENTRIES ON DAY - LIMIT 250**

Any number returned before closing date will be offered FREE entry to 2011 Race

**ONLINE ENTRIES:** - [www.shoestringresults.com](http://www.shoestringresults.com)

**MINIMUM AGE:** 15 and over on the day of the race

**COURSE:** Official 5 miles flat - one lap. Footpath, 800m of road, 200m of grassland & 90% trail

**CHANGING:** Available at Blackpool Fire Station. Forest Gate Blackpool FY3 9RA  
Limited shower and toilet facilities.

**REFRESHMENTS:** Tea or coffee with a mince pie after the race at the Fire Station.

**PRIZES:** 1<sup>st</sup> only in all categories from JU20 to V80 in M and F.  
Prizes will all be a £5.00 Sweatshop voucher. These will all be sent by post.  
Goody bag with wine, can of beer and mince pie for all finishers.

**FURTHER ENQUIRES:** Dave Waywell (01253) 357637 or 07762 283626

Name ..... Tel No: ..... M/F .....

Address ..... Post Code..... Age on Day .....

E-mail..... Club .....

**DECLARATION-** Please enter me for the above race. I accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part, nor for any loss of property. I am medically fit and I am an amateur, as defined by UK: athletics rules.

Signed ..... Date .....

**PLEASE SEND YOUR ENTRIES TO:**

**DAVE WAYWELL 114 ASHFIELD ROAD BLACKPOOL FY2 0EN**

For Official Use

Data Protection: If you do not wish any details to be passed on to a third party, including other running related organisations, tick this box.