

# GRANNY'S BAY 10 MILER

*Open to runners aged 35 and over on the*  
**16<sup>th</sup> AUGUST 2009 at 10.00am**

(Incorporating NVAC Championship)

(UKA Licence applied for)

**Organised by** NORTHERN VETERANS A.C.  
Assisted by WESHAM ROAD RUNNERS and LANCS FIRE A.C

*In aid of Ormerod Home Trust Charity Appeal*

**ENTRY FEE:** - £8.00 (£2.00 Discount for Affiliated Runners) Cheques payable to "N.V.A.C."

**NO ENTRIES ON THE DAY-CLOSING DATE 15/8/09** Race limit - 500

**ONLINE ENTRIES** - Available at [www.ukresults.net/online/index.html](http://www.ukresults.net/online/index.html)

Online numbers will be sent out if received before 11/8/09

**RACE HQ** - St Annes Fire Station, St Andrews Rd North, St.Annes on Sea, FY8 2JQ

**ENQUIRIES** - Tel. 01253 357637, mobile 07762 283626, e-mail

[DaveWaywell@lancsfirerescue.org.uk](mailto:DaveWaywell@lancsfirerescue.org.uk)

**PRIZES** - First 2 in all age groups irrespective of entry - First 2 teams of 4 Male and 3 Female runners.

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Detach this section and send to: **D. Waywell 114 Ashfield Road, BLACKPOOL, FY2 OEN**  
With cheque payable to: - "N.V.A.C." S.A.E is required with correct postage attached.

Name ..... M/F ..... D.O.B..... Age on day.....

Address..... Town.....

Post Code..... Tel ..... Email.....

UKA Club/U/A..... E.A.Regno.No.....

**Declaration:** - Please enter me for the above race. I am an amateur as defined by UKA and agree to abide by their rules. I am medically fit, and understand that the organisers will be in no way 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 at or during the event.

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