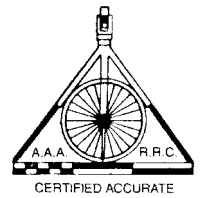


05/041

WESHAM ROAD RUNNERS

THE 24th WESHAM 10K
 Saturday 28th November 2009
 START 11am PROMPT



05/041

From BNFL Club Salwick Nr.Preston.PR4 ORN

Over a rural undulating course

Event held under U.K.A. Rules. License Number Pending.

Course records: Men - 30:56 (Jonathan Prowse 2004) Women - 33:58 (Helen Clitheroe 2003)

Sponsors/Supported by:



WREA GREEN



£100 for best time over course record

Prizes: First 5 Men and 3 Women. Juniors: First 2 Male & Female U20 & U17

Masters: First M35 to M80+ & W35 to W70+

First 2 Teams of 4 Men and 3 Women - 1 Prize per Person except Team

Entry Fees		LIMIT 600
£9.00 (£2.00 Discount to UKA Affiliated club members)	Online entries available at: - www.ukresults.net	ONLINE RACE NUMBERS WILL BE SENT OUT.
EARLY ENTRY RECOMMENDED.RACE USUALLY FULL EARLY. NO ENTRY ON DAY.		

Send entries and STAMPED ADDRESSED ENVELOPE (9" X 6") with correct postage for number and info to:

The Entries Secretary **55 Catforth Avenue, Blackpool FY4 4SF** Tel. 01253 767417 or 07788 754483

Cheques / P.O. payable to WESHAM ROAD RUNNERS

Minimum age: 15 years on Race Day

Anyone returning their number prior to the closing date will get free entry to the 2010 race.

CLOSING DATE 23rd November 2009 or sooner if limit is reached

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WESHAM 10K (ALL SECTIONS MUST BE COMPLETED)

SURNAME		AGE ON RACE DAY	
FIRST NAME(S)		DATE OF BIRTH	
ADDRESS			
MALE/FEMALE	T/No.	E/Mail.	
UKA CLUB		UKA REGISTRATION NO:	
SIGNED (Parent/Guardian to sign if 16 or under)		DATE	
T Shirt size S M L XL (Please ring)		Would you like Wesham RR club information	Yes No
Office use only. Number		Category	

Please enter me for the above race. I accept that the organizers shall not be liable for any loss or injury or illness to my person neither as a result of taking part, nor for any loss of my property.
 I am medically fit and an amateur as defined by UK Athletics.