RADCLIFFE AC

are proud to present

The Joan Rhodes and Fred Norris Memorial 5k Trail Race

Under UKA Rules (NOEAA Permit applied for)

Sponsored by

David Cottrell M.O.T. Service Centre, Radcliffe

and

Bill Lennard Trophies, Eccles

on

Thursday July 31st 2008, 7:15 p.m. start

From the **Mason's Arms, Sion Street, Radcliffe.** (behind ASDA)

Radcliffe AC are staging this accurately measured 5k in memory of Fred Norris and Joan Rhodes, who meant so much to many.

Entry fee £3.00 (club runners), £5.00 Unattached, £1.00 extra on the night
£2.50 U/18 and O/65
Cheques payable to Jim Rhodes St Anns Hospice,
25 Shakespeare Avenue, Radcliffe M26 3QZ, Tel 0161 723 5947
Extensive prize list in all categories (one prize per person)
Well marshalled, First Aid available
Numbers can be collected on the night.
Entries accepted on the night. All proceeds to St Ann's Hospice

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Name.....Age.....M/F

Address.....Tel.....

Club.....Reg No.....

I declare that I am medically fit to run and understand that the organisers of this race will not be held resp[onsible for personal damage, illness or injury incurred before, during or after the race. I am an amateur as defined by UK Athletics Rules.

Signed (by parent or guardian if under 18)

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Date.....

Race Number

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