

Blackburn Harriers & Athletic Club with Forbes Solicitors

proudly present the

RIBBLE VALLEY 10k ROAD RACE

also Incorporating the



09 / 055

The 2010 Northern Athletics 10k Road Championships



UKA Permit No
2010-100509

Monday 27th December 2010 - - - 1100am Start

Roefield Leisure Centre,
Edisford Bridge, CLITHEROE

**A Classic, fast TRAFFIC FREE
course through the Ribble Valleys stunning surroundings**

T-Shirts to ALL race finishers

**Showers & Parking
Results on the Day
Race limit 1500**

New for 2010 Race — CHIP TIMING

Prizes Supported By SWEATSHOP Chorley

Course Time - Bonus Prize £200.00 cash

Bonus for 1st Male time under **29.21**
(Tom Lancashire 2009)

Bonus for 1st Female time under **32.20**
(Helen Clitheroe 2005)

1st Man £200.00 cash

2nd - 10th men £100, 75, 50, 25, 15, 10, 10, 10, 10 cash

1st Team (3 to count) - £15 x 3

2nd Team (3 to count) - £10 x 3

1st Vet team (3 to count) - £15 x 3

1st 3 Jnr Males (u20) - £15,10,5

1st Woman £200.00 cash

2nd - 5th women £100, 75, 50, 25 cash

1st Team (3 to count) - £15 x 3

2nd Team (3 to count) - £10 x 3

1st Vet team (3 to count) - £15 x 3

1st 3 Jnr Females (u20) - £15,10,5

1st 3 Male vets - All Categories = £20, £15, £10

1st 3 Female vets All categories = £20, £15, £10

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Additional Race Information

- The race will be traffic free and all roads will be closed at **10:30am, 30 minutes before the race is due to start**. Access to car parking **can only** be gained coming from the direction of Clitheroe Town Centre
- Car Parking will be at **a)** at the school near the start of the race approx 3-400 metres away; **b)** on the public car park adjacent to Roefield Leisure Centre; **c)** on the caravan park at Eddisford Bridge; **d)** on the right hand side of the road approaching the Leisure Centre. Marshals will direct all cars approaching the Race Registration area to the relevant car parking. All other car parking will be outside the confines of the Race Course and is located within the Town Centre **NB**. If you choose to park in the Town Centre, give yourself plenty of time to get to the race, as it is approximately a mile away from where you would register or pick up your number
- Please note that you should aim to get to the race, be parked up and collecting your number at Roefield Leisure Centre by 10:30am at the latest.

Registration closes at 10:30am and no entries will be taken after that.

Due to road closure plans — The race WILL start at 1100am prompt with no delays

Entry Fee:- £11.00 (affiliated) / £13.00 (non-affiliated) By 17th December 2009 - - £2.00 Extra On the Day

Cheques & P.O's Payable to 'Blackburn Harriers & A.C.'

Postal Entries to: **UK Results. 1 Sutton Street, Feniscowles, Blackburn. LANCs. BB2 5ES**

Please enclose a S.A.E. For race number & map (otherwise collect on the day) -

Online Entries at www.ukresults.net

For further detailed race information go to www.blackburnharriers.co.uk/ribblevalley

First Name:

Surname:

Male / Female (delete as applicable)

AGE (on day of Race):

Nationality

* Min age restriction of 15 applies to open race / 17 years for Northern championship race

Address:

forbessolicitors.

Club:

UKA Reg. No.

Please indicate if you would like inclusion within the NA Championship Race **YES / NO** (Delete as required)

**** Entries to the Northern Championships will close on the 17th December 2010 — No entries will be accepted after this date ****

Eligibility: Open only to EA registered athletes having been born or having 9 months continuous residence in the former NoEAA territory immediately prior to the championship

Fee Enclosed = Affiliated _____

Non-Affiliated _____

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 the applicant is under 18 years of age).

Data protection: If you do not wish any of your 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

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