



Penny Lane Striders 



10K Road Race


Sunday 24th June 2012




10.30am Start

Age Limit 16 Race Limit 450 UKA Rules Apply UK Athletics licence 2012-103842.

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| VENUE | Riversdale Police Club, Riversdale Road, Liverpool L19 3QN Not suitable for wheelchair users. Other disabilities must advise in advance to assess suitability. |
| PRIZES | 1st, 2nd, 3rd Male 1st Vet in each category Technical T-Shirt to all finishers 1st, 2nd, 3rd Female Team Prizes (4 to count, must run in club vest) |
| ENTRY FEES | Members of UK Athletics affiliated clubs: £10.00 Unattached: £12.00 (includes £2 UK Athletics levy) Entries on the day until 10.00am (£2 surcharge) until race limit is reached |
| CONTACT DETAILS | Please return your completed entry form to Race Secretary, 49 Henley House, The Spinnakers, Riversdale Road, Liverpool, L19 3RZ with a cheque made payable to Penny Lane Striders and an A5 sized correctly stamped self addressed envelope . Race details and your race number will be posted out. Or enter online : www.ukresults.net – and collect your race number on race day |

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| Race Sponsored by: www.yourpensions.net Tel: 07930 745469 | Race Sponsored by:  Active Adventures liverpool Tel: 0151 494 3044 info@activeadventuresliverpool.com |
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|  10K Road Race Entry 2012 Full race information at www.pennylanestriders.co.uk | Surname | UKA Affiliated £10 | Unattached £12 | |
| | First Name | Age on Race Day | DOB | |
| | Address | First Claim Club (if any) (Club Vest must be worn) | | |
| | Postcode | UK Athletics No | | |
| | Email Address: | Signed | | |
| | Male / Female | Date | | |

A signed and completed entry form is an acknowledgement that the entrant runs entirely at their own risk. The organisers accept no liability whatsoever.

For official use only

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| Male | Open | V40 | V45 | V50 | V55 | V60 | V65 | V70 | V75+ |
| Female | Open | F35 | F40 | F45 | F50 | F55 | F60 | F65 | F70+ |

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| Race Number |
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