

BLENGDALE RUNNERS ATHLETICS CLUB PRESENTS THE

2007 GOSFORTH 10km

HELD UNDER UKA RULES

Tuesday September 4th

START TIME 1830 HRS

TEN KM ROAD RACE ON A SCENIC AND UNDULATING COURSE.

OPEN TO ALL NO MATTER HOW FAST OR SLOW, BUT RUNNERS MUST BE 16 OR OVER. NEAA PERMIT APPLIED FOR. ACCURATELY MEASURED COURSE.

www.blengdalerunners.co.uk

ENTRANCE FEE IS £5.00 FOR MEMBERS OF AFFILIATED CLUBS
or £7.00 FOR NON CLUB MEMBERS (due to UKA levy increase)

SEND ENTRIES TO; -

MEL GOULD
91 MEADOWFIELD
GOSFORTH
CUMBRIA
CA20 1HU
TEL 019467 25693

ALL CHEQUES MADE PAYABLE TO "GOSFORTH 10".
PLEASE ENCLOSE A LARGE S.A.E. FOR NUMBER AND RACE INFO

PROCEEDS GO TO LOCAL CHARITIES

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NAME.....

ADDRESS.....

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DATE OF BIRTH.....AGE ON DAY OF RACE.....

NAME OF AFFILIATED ATHLETICS CLUB.....

NoEAA REG. NUMBER..... M/F.....

DISCLAIMER.

I hereby declare that I am eligible as defined by the laws and rules of the UKA, and that the above particulars are complete and correct. I am medically fit to run and understand that the race organisers will in no way be held responsible for any loss, damage, action, claim, cost or expenses, which may arise in consequence of my participation in this event.

Signed.....

Date.....