



Penny Lane Striders

Proudly present their

10k Road Race

uk:athletics rules - permit applied for

Sunday 8th July 2007 - 11am Start

Venue: Liverpool Cricket Club, Aigburth Road, Liverpool

FAST, FLAT, SCENIC COURSE

COURSE RECORDS

Men: Phil McGlory, Liverpool Harriers 30:30 (2006)

Ladies: Debra Curley, Wigan Phoenix 35:31 (2000)

Prizes

1st, 2nd, 3rd Males - 1st, 2nd, 3rd Females
1st Vet in each category Team prizes (4 to count, must run in club vest)
Souvenir Mug to all finishers

Entry Fees

Member, *uk:athletics* club affiliated: **£7.00**
 Unattached, includes £3 *uk:athletics* levy: **£10.00**

Limited entries on the day until 10:30am (£1 surcharge)

Contact Details

Please return your completed entry form to:
Race Secretary, 63 Eastcote Road, Liverpool L19 7NR
 with a cheque made payable to: **Penny Lane Striders**

Remember to include a large **stamped and self addressed envelope**
 Race details and your Race number will be posted out.

<http://www.pennylanestridders.co.uk>

10k Entry



Surname: uk:a Affiliated **£7** Unattached **£10**

First Name: Age on Race day:

Male / Female First claim club, if any

(Club vest must be worn)

Address: Signed:

Postcode: 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.

Male	Open	V40	V45	V50	V55	V60	V65+
Female	Open	F35	F40	F45	F50	F55	V60+

Race Number: