

in conjunction with the Commonwealth Games Mountain Running and Ultradistance Championships

Keswick Road Running Festival

Open & Junior Road and Mountain runs

Saturday 19th September 2009

Open 10K(age over 15) Start time 12:30 pm

Junior 6k (age 13 & 14) Start time 11:30 am

Junior 3k (age 11 & 12) Start time 10:45 am

Junior 3k (age 9 & 10) Start time 10:45 am

Fitz Park Keswick Cumbria

Prizes dependent upon sizes of fields

Open 10k £10.00 unattached £12.00 £2.00 surcharge for on the day entries

Race limit 1000 All under UKA rules.

Sunday 20th September 2009

Juniors Up and Down Mountain Runs(from 3k to 6k) 10:00 u/12 u/14/ u/16 entry fee £3:00

Senior Men and Women (12k) entry fee £5:00 All under FRA rules.

Enter online at www.race-results.co.uk or tick the appropriate box to enter and post to :
34,Sunnywood Drive, Tottington, Bury, Lancashire. BL8 3EN with stamped return address envelope.

Postal entries must be received by 12th September 2009

Open 10k (15+) 6k ages 13 &14 6k ages 11 &12 6k ages 9 &10 (UKA rules)

Mountain Runs: Open under 12 under 14 under 16 (FRA rules)

Surname _____ Forename _____

Male or Female _____ age on race day _____ Date of birth _____

Club Name or unattached _____

Address _____

Emergency contact number on race day _____

I declare that I enter at my own risk and the organisers will not be held liable for any damage or injury caused by my participation. An adult must countersign for competitors aged under 18 years in all races.

Signature _____ Counter signature _____

Date _____ Relationship to entrant _____