

**Summer  
MULTI-TERRAIN  
League  
2009**

**Tuesday Evenings  
In  
September**

(Under UK Athletics Rules, Permits applied for)

**1st, Royden Park, Frankby, 7.00pm**

**8th, Beach, Harrison Drive, Wallasey 7.00pm**

**15th, Wirral Country Park, Thurstaston 6.30pm**

**22nd, Arrowe Country Park, 6.30pm**

**Entry Fee £1 per race  
Payable on the night only**

**Open to runners of  
affiliated clubs only**

**JUNIOR RACE  
Under 15  
(Min. age 12)**

For More Information contact:

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**AWARDS**

*Individual Awards*

**First three male and  
female athletes in:  
U20, U30, U40, O40,  
O50, O60 + Overall**

**Spot Prizes**

*Team Awards*

**First three male  
and female teams  
plus first 'B' team**

