UP & RUNNING Liverpool

And Skelmersdale Boundary Harriers **Present**

41st PARBOLD HILL RACE

Approx 6.75miles Multi Terrain

Saturday 12 Feb 2011 – 2.00pm

(Under ARC Rules)

Start/Finish Richard Durning's Endowed Primary School,
Chorley Rd, Bispham, Nr. Parbold. L40 3SL

£1,000 +Prize List - Individual & Team Challenge Trophies

Men: 1st (Val £125) to 10th Inclusive **Ladies: 1st (**Val £85) to 6th Inclusive
Teams: 1st 4 counters per club, male, 3 counters per club, female (No team fee) value £20 each runner

Vets: Men: o/40,45,50,55,60,65,70 Val £20 each Ladies: o/35,40,45,50,55,60

>>>>Any Vet finishing in 1st 10 men or 1st 6 ladies, is not eligible also for the veteran's prize list<<<<

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INDIVIDUAL ENTRY FEES:-

Affiliated: £5.50, Unattached: £7.50 + £1.50 on day (Limited)

Payable to: **Parbold Hill Race Acc.** C/o Andy Dalton, 36 Tarnbeck Drive, Mawdesley, Ormskirk. Lancs. L40 2RU Tel: 01704 821112

E-Mail: jl.woodburn@virgin.net

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Parking At Hilldale Village Hall; Church car park opposite, & Farmer's Arms

!!! NO ROAD PARKING AT ALL !!!

Changing facilities (limited) at Durning's School

Send your details: include **SAE** for return of number. Postal Entries close **8th Feb 2011**

Cut. . ✂.. . . . .

Individual Entry Form (May be photocopied)

Name: Mr/Mrs/Miss …….. …….. ……..Age on Race day (16 Min)…….

Address: ……..…….

Affiliated Club ……Telephone No……

I Declare that I am an amateur as defined under **AAA, ARC & NCCU** laws, and that I abide by their rules. I also understand that the above Club or Associate members will not be held responsible for any injury, howsoever caused to me, by participation in the above event, or any subsequent loss or damage to my personal property.

Signed……...Date…….Parbold Hill Race /2011

NO Vet's Prize given if age is NOT clearly stated.

Online entries and results available from: www.ukresults.net