



Sunday, March 8th, 2009  
 from 11.00 am  
 Thurstaston Country Park  
 Station Road  
 Thurstaston, Wirral.

Admin use only  
 Permit applied for

**Team name:**

**Team category:**  **OPEN:** Any runners  **LADIES:** Any females  
 Please tick  **VETERAN:** Any M50+ & L40+  **MIXED:** Any combination

Please write clearly and legibly in capitals

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Name:		Sex: M / F
Address:		T shirt: S M L XL
email:		Age:
Affiliated Club		DOB:

2

Name:		Sex: M / F
Address:		T shirt: S M L XL
email:		Age:
Affiliated Club		DOB:

3

Name:		Sex: M / F
Address:		T shirt: S M L XL
email:		Age:
Affiliated Club		DOB:

Please return this form to the Race Director by **February 15th, 2009**  
 24 Hillview Road, IRBY, Wirral, Merseyside. CH61 4XH  
 Enclose the correct fees of **£10.00 per person** (£12.00 for unaffiliated runners)  
 Cheques payable to: **Pensby Runners**  
 Enclose an A5 (9"x6") s.a.e. for Race Info Pack and your Race numbers  
 Any queries to :[roy@pensbyrunners.co.uk](mailto:roy@pensbyrunners.co.uk)