

**ROCHDALE HARRIERS & A.C.
PRESENT THE 24th ANNUAL
THREE DAY EVENT**

8th 9th & 10th June 2018

FROM THE

BROWN COW NORDEN ROCHDALE

FRIDAY 7:30 pm 6 MILE NORDEN ROAD RACE
SATURDAY 11:00 am 6 MILE NADEN VALLEY MULTI-TERRAIN RACE
SUNDAY 11:00 am 6 MILE "KNOWL HILL" FELL RACE

Pre-entry Fees:

Pre-entry fees: for all 3 days £17 for EA Registered athletes & £21 for unattached.

Day 1: £6 for EA Registered athletes, & £8 unattached

Day 2: £6 for EA Registered athletes, & £8 unattached

Day 3: £5-00

Prices rise by £2 per race (except for Knowl Hill) on 25th May or by £4 for the TDE.

**A TECHNICAL Three Day Event T-shirt for those who pre-enter
by 25th May & complete all three races.**

Plus individual prizes awarded on each day and overall across the three day event.

Surname														
Forename														
Address														
Address														
Address											Post Code			
EA Reg. No.					Age on race day:				Male/Female					
Club														
Telephone Number (optional)														
Your e-mail address (optional)														
(Official use only) Race Number														
Tee- Shirt Size (please circle, XS available for F only)	XS (F only)		S	M	L	XL	XXL							

Please send completed entry form for The Three Day Event to Phil Roberts, 19 Shepherd Street, Norden, Rochdale, OL11 5SU. Cheques payable to Rochdale Harriers & A.C.

Collect race number on the day from registration

In consideration of being allowed to attend this event please sign and date below to show that you agree to the following: I am an amateur as laid down by the rules of U.K. Athletics, and I certify that the entered particulars are correct. I understand that I enter this event at my own risk and that I will not hold the organisers responsible for any illness, injury or loss sustained during or as a result of this event. I understand the FRA kit requirements for fell races and agree not to run the Knowl Hill Fell Race if I do not have appropriate kit on the day.

Signature.....

Date/...../.....

