

In conjunction with the Commonwealth Mountain Running and Ultradistance Championships

Keswick Road Running Festival

Open 10K & Junior Road and Mountain Races

Road Races on Saturday 19th September 2009 – Held Under UKA Rules

10.00am 3K for boys and girls ages 9 & 10 years 10.45am – 3K for boys and girls ages 11 & 12 years
11.30am 6K for boys and Girls ages 13 & 14 years 12.30 Open 10K for male and females ages 15 and over

At the Fitz Park Keswick in Cumbria Prizes dependent upon sizes of fields
Open 10K £10.00 unattached £12.00 Other Races £3 £2.00 surcharge for on the day entries

Race limit 1000

Mountain Races - 10.00am on Sunday 20th September 2009 - Held Under FRA Rules

Senior Men and Women (12k) Entry fee £5:00

Boys & Girls - Under 12 & Under 14 & Under 16 (from 3k to 6k) entry fee £3:00

Enter online at www.race-results.co.uk

To enter by post tick the correct box to & post to - 34 Sunnywood Drive, Tottington, Bury. BL8 3EN by 12th September 2009. Registration and collection numbers at venue on the day

Road Races: Open 10K (15+) 6K ages 13 & 14 3K ages 11 &12 3K ages 9 &10

Mountain Races: Senior under 12 under 14 under 16

Surname _____ Forename _____

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

Club Name or unattached _____

Address _____

Emergency Tel: number on race day _____

I declare that I am an amateur as defined by UKA Rules and 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 _____

Date _____ 2009

Counter signature _____

Relationship to entrant _____