

AMBLESIDE SPORTS, THURSDAY 28th July
2011

ENTRY FORM FOR THE JUNIOR (U15 & U13) 400m
Open

PRIZES: Trophies / medals for first three
in each category.

Registration: £1.00 Closing date for entries 11th July.

Name

Date of Birth.....

Address.....

.....

.....Post Code.....

Telephone.....Email.....

.....Signed

NB First Race at Noon
Full schedule of Events & approximate times
is available on web site
www.amblesidesports.co.uk

Please return Forms to:
Mark Blackburn, Run 3 Sports, Central Buildings,
Ambleside, Cumbria, LA22 9BS

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