

# AMBLESIDE SPORTS, THURSDAY 28<sup>th</sup> July 2011

## ENTRY FORM FOR HANDICAPPED TRACK EVENTS

England Athletic Rules Apply  
Closing date for entries 11<sup>th</sup> July

### PRIZE MONEY:

<b>Senior Track Events</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
90m Handicap	Trophy + £100	£50	£25	£15
200m Handicap	Trophy + £100	£50	£25	£15
400m Handicap	Trophy + £100	£50	£25	£15
800m Handicap	Trophy + £100	£50	£25	£15
1600 m Handicap	Trophy + £100	£50	£25	£15
<b>U17 Track Events</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
90m Handicap	Trophy + £40	£20	£10	£5
200m Handicap	Trophy + £40	£20	£10	£5
400m Handicap	Trophy + £40	£20	£10	£5
800m Handicap	Trophy + £40	£20	£10	£5

Name.....d.o.b.....

Address.....

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

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

#### PERSONAL BEST TIME OVER DISTANCE(S) ENTERED OR NEAREST

Date	Distance	Time	Date	Distance	Time
.....	.....	.....	.....	.....	.....
.....	.....	.....	.....	.....	.....

#### LAST THREE COMPETITIVE RUNS

TIME	DISTANCE	VENUE & DATE
1.....	.....	.....
2.....	.....	.....
3.....	.....	.....

**Please enter me for the following events:**

.....Signed

**First Race at Noon**

Entry fee enclosed Seniors £5.00, Junior £2.50. Cheques payable to "Mr E Blair"

**To: Rye Cottage, 24 Ryecroft Way, Wooler, Northumberland, NE71 6DZ**

Please include sae for complimentary ticket.