

AMBLESIDE SPORTS, THURSDAY 25th July 2019

ENTRY FORM FOR HANDICAPPED TRACK EVENTS England Athletic Rules Apply
Pre-entry Closing date for Entries 23th July
Qualifying age is age at 15th May 2019

PRIZE MONEY:

Senior Track Event	1st	2nd	3rd	4th	5th	6th
90m Handicap	Trophy + £100	£50	£25	£15		
200m Handicap	Trophy + £100	£50	£25	£15		
400m Handicap	Trophy + £100	£50	£25	£15	---	---
800 m Handicap	Trophy + £100	£50	£25	£15	---	---
1600 m Handicap	Trophy + £100	£50	£25	£15	---	---

U17 Track Events	1st	2nd	3rd	4th	5th	6th
90m Handicap	Trophy + £40	£20	£10	£5	£5	£5
200m Handicap	Trophy + £40	£20	£10	£5	£5	£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) NEAREST TO THOSE ENTERED

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 :- **Seniors:** £6.00 (Covers 2 events, additional events £2 per event).

Youths: U17 £3.00 (Covers 2 events, additional events £1 per event).

Cheques / P.O payable to "Mr D. Campbell" **To: 4, Paxton Crescent, Lockgelly, Fife, KY5 9ET.**

Please include stamped addressed envelope for complimentary ticket.

Entries will also be taken on the day closing times 90, 200 & 800 metre @ 12.00 noon. 400 & 1600m @ 1.30pm. Entry fee :- Senior: £3 per event, Youth (U17): £2 per event. The handicapper reserves the right to alter any handicap mark on the day. All inquiries to the handicapper