



Sunday, March 8th, 2009
 from 11.00 am
 Thurstaston Country Park
 Station Road
 Thurstaston, Wirral.

Admin use only
 Permit applied for

Team name:

Team category: **OPEN:** Any runners **LADIES:** Any females
 Please tick **VETERAN:** Any M50+ & L40+ **MIXED:** 2 men & 2 ladies

Please write clearly and legibly in capitals

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Name:		Sex: M / F
Address:		T shirt: S M L XL
email:		Age:
Affiliated Club		DOB:

2

Name:		Sex: M / F
Address:		T shirt: S M L XL
email:		Age:
Affiliated Club		DOB:

3

Name:		Sex: M / F
Address:		T shirt: S M L XL
email:		Age:
Affiliated Club		DOB:

Please return this form to the Race Director by **February 15th, 2009**
 24 Hillview Road, IRBY, Wirral, Merseyside. CH61 4XH
 Enclose the correct fees of **£10.00 per person** (£12.00 for unaffiliated runners)
 Cheques payable to: **Pensby Runners**
 Enclose an A5 (9"x6") s.a.e. for Race Info Pack and your Race numbers
 Any queries to :roy@pensbyrunners.co.uk