

WESTERN ATHLETIC CLUB

WESTERN '10' ROAD RACE



29th September

Sponsored by



Julie Brew 10 mile Memorial Walk

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Note the start times on the morning:

- Walkers 9:15 a.m.
- Runners start time 10:15 a.m. & sub 90 minute Walkers
- Signing on from 8:45 a.m. at Market Place Peel

Entry fee for both the Run & the Walk is £5.00 cheques made payable to '**Western Athletic Club**' and return them to: -

Rosie Morrison. 7a Boilley Spittal, Peel IM5 1BW

All unattached competitors will be charged £7

The walk is not a handicapped event so your start time does not affect your overall position or time. This has been done to try and make less work for the finishing officials, and allow all competitors to finish within a short time of each other and hopefully prevent you hanging around at the end before the presentation can take place at Peel AFC Club House.

Note: - For your own safety on the open roads **Hi-viz** or light coloured clothing must be worn, also please do not use **IPod /MP3 players' or mobile phones** during the race. *For the safety of all entrants back up vehicles are discouraged due to the narrow nature of parts of the course. Also, where possible please use the pavements around the course and not the road.*



Please enter me for the: - Western 10 Road Run / Julie Brew 10 mile Memorial Walk (Circle as appropriate)

Name: _____

Address: _____

Postcode: _____

Telephone/Mobile number: _____

Date of Birth DD/MM/YY: _____ Age on the day: _____

(Runners and walkers must be must be 16 years or over on the day of the event)

Email address: _____@_____

Name of Club: _____

I enclose a cheque for £5:00 made payable to 'Western Athletic Club' & agree to the race rules (tick box)