

BARNSELY AC PRESENT

SPENCERS DASH

(UK ATHLETICS)

SERIES OF SIX ROAD RACES OF A DISTANCE OF 3.7 MILES

7 PM start Spencers Arms, Barugh Green, Barnsley.

Wednesday 6th April 2016

Wednesday 6th July 2016

Wednesday 4th May 2016

Wednesday 3rd August 2016

Wednesday 1st June 2016

Wednesday 6th September 2016

An accurately measured course with points awarded for finishing position and personal best times.

Prizes awarded to the series winners in the following categories:

OVERALL SERIES WINNER

VETERAN SERIES WINNER

SUPER VETERAN SERIES WINNER

OVERALL LADIES SERIES WINNER

LADIES VETERAN SERIES WINNER

Entries on the night in the Spencers Arms

£4 Attached / £6 Unattached runners

NAME:

CLUB:

ADDRESS:

REGISTRATION No:

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DATE OF BIRTH:

POSTCODE:

AGE (on 1st April)

TEL:

SEX: Male/Female

SIGNATURE:

Entry Fee: £4/£6 unattached

If you do NOT want to receive information on promotions/races please tick:

IMPORTANT DECLARATION: The race is to be held on roads/paths, first aid will be in attendance. Every care has been taken and the race is under UK rules and regulations. In entering you are declaring that you are medically fit and the organisers can in no way be held responsible for injury or illness incurred during or as a result of the race. **PLEASE TAKE CARE.**