



Spalding Triathlon Club

WEST PINCHBECK 10K MIKE BARNSDALE MEMORIAL ROAD RACE

11.00am Sunday 25th September 2011

England Athletics Permit 2011-101872

Start and Finish at West Pinchbeck Primary School
Leaveslake Drive, West Pinchbeck, Spalding, Lincs.

A great way to finish your season – excellent prizes

First three Men and Women (£30/£20/£10), Male 40+, Female 35+(£20)

Course record - £20

Commemorative trophy for 1st under 18 male and female

New for 2011, Team Championships (£50 team prize)

*** FLAT, FAST COURSE, TOILETS, REFRESHMENTS***

£ 7.00 Affiliated, £ 9.00 Unaffiliated, Entries on Day £ 1.00 extra

Spalding Tri West Pinchbeck 10k Entry Form

Surname _____ First Name _____

DOB: _____ Sex (delete as appropriate) M/F _____

Age on Race Day _____ (must be over 15)

Address _____

Postcode _____

Tel _____ Email _____

Club (if applicable) _____

Affiliated £7.00 Non-Affiliated £9.00

I declare that:

- I am an amateur as defined by UK Athletics Rules and Regulations
- I am physically and mentally fit to race
- I agree to follow directions given by race officials
- I understand that Spalding Tri and all sponsors will not be held responsible for any injury, illness or property loss as a result of my competing in this race.

Signature.....

Please sign and return completed form to the address shown below, cheques made payable to "Spalding Triathlon Club" For more details please email spaldinatriclub@hotmail.co.uk

West Pinchbeck 10k, Spalding Triathlon Club

18 Knipe Avenue, Spalding, Lincs. PE11 2YE

Closing date for postal entries 23rd September 2011 visit www.spaldingtri.co.uk for more

details. Also enter online via www.spaldingtri.co.uk

