

BARNSLEY 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 7th April 2010

Wednesday 7th July 2010

Wednesday 5th May 2010

Wednesday 4th August 2010

Wednesday 2nd June 2010

Wednesday 1st September 2010

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

£ 3 attached / £ 5 unattached runners

£15 attached / £25 unattached for the whole series

NAME _____

CLUB _____

ADDRESS _____

REGISTRATION No _____

DATE OF BIRTH _____

_____ POST CODE _____

AGE on 1st April _____

TEL _____

SEX: MALE/FEMALE _____

SIGNATURE _____

Entry Fee £3.00 / £5.00 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.**

Please note the AUGUST race is on the second Wednesday not the first.