



Permit Applied For

Carlisle Tri 10KM

Held Under UKA Rules

Wednesday 9th June 2010 – Brand new course

START TIME: 7:15pm

Carlisle Racecourse, Durdar Rd, Carlisle, CA2 4

Entrance Fee – U.K.A Runners £4.00 Unattached £6.00 Entry on Day £1.00 extra

Cheques payable to 'Carlisle Tri Club'

To: 10km Race Secretary, 10 Rudchester Close, Carlisle, CA2 7XL email:- briana@talktalk.net

Postal Closing Date 28th May 2010 – entries on the day permitted.

Entry form and results at www.carlisle-tri.com

ENTRY FORM

Name Male/Female

Address Date of Birth

..... Age on Day of Race

..... E-mail Address

Club Reg No.....

Declaration: I am an amateur as defined by UK Athletics Rules. I am medically fit to take part. I agree that the organizers and/or sponsors shall not be responsible for any loss, accident or injury (or loss/damage to property) arising from my participation in this event.

Signed..... Date.....

For more info visit: www.carlisle-tri.com / www.carlisle-races.co.uk