

**BRITISH & IRISH MASTERS INTERNATIONAL CROSS
COUNTRY CHAMPIONSHIPS
STORMONT ESTATE, BELFAST, 17 NOVEMBER 2007**

OPEN RACE

starting time
11.00am

Entry Fee

£5.00 registered £6.00 unregistered
Entries will be taken on day from 9.30 am.

Prizes

First three male and female individuals

First in M65 and M70 age groups

Distances

Ladies & M65 & M70	6K
Men –all other	8K

Entry Form

Name: _____

Address: _____

Postcode: _____

Club: _____

Male Female
please tick appropriate box

Age on race day: _____ Date of Birth: _____

Declaration – I certify that I enter this race at my own free will and I accept full responsibility in the event of any injury or loss occurring, howsoever caused, to myself, to others or to my or to others property. I understand that the organisers of the event will not be held liable for any injury, loss or illness, however occasioned resulting from the event.

Signed: _____