

N.V.A.C. 10K ROAD CHAMPIONSHIPS

14th AUGUST 2011



START TIME 11.00a.m

Venue: BISPHAM FIRE STATION Red Bank Rd, Blackpool. FY2 9EA.

There are changing and limited toilet facilities for both men and women. The course is on tarmac/concrete paths at Blackpool North Shore. Traffic free one lap course. There is ample car parking on most roads around the fire station.

Directions to race HQ: From M55:- Leave at J3 and follow signs for Fleetwood on A585. At River Wyre pub R/A go St/ahead you are still on A585. Next R/A take 2nd turn (s/post Norcross). Next R/A turn right then almost immediate left into Whiteholme Rd. At mini R/A turn left onto Ashfield Rd. (Large College on right) Straight through 2 mini R/A's. After last one take 5th road on your right which is Ingthorpe Ave, Sraight through mini R/A then after 200 yards take Right lane approaching R/A and go Sraight Across. This is now Red Bank Rd and the Fire Station is 250 yds. on your right set back behind 2 large grass covered traffic islands.



Entries: Send to **J. Adams, 80 Henthorn Rd, Clitheroe, Lancs, BB7 2QF.**
Tel. 07745 942251 (8 pm till 10 pm only please)

Championship:- Open to paid up First & Second Claim NVAC Members only. The Closing date is the 31st July 2011.

Any entry received after this date will not be entered into the Ch/ship. **Guests** from other BMAF clubs are welcome to run in the race. All runners will be eligible for the open race prizes.

Postal closing date for these entries 8th August. There is an entry on the day facility. All race numbers to be collected on the day.

The race also incorporates a Central Lancashire Grand Prix qualifier with team and individual prizes. All entries are eligible for these.

All Entry fees:- £4.00 with Cheques payable to NVAC.

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10K CHAMPIONSHIP ENTRY FORM

FULL NAME _____ M/F _____ AGE ON DAY _____

ADDRESS _____

_____ TEL.NO. _____

FIRST CLAIM CLUB _____ NVAC NO. _____

OTHER BMAF CLUB _____ VET CLUB NO. _____

FOR OFFICIAL USE:- AGE GROUP.....RACE NUMBER.....C/SHIP YES / NO