

~ NEWLANDS VALLEY ROUND ~ Keswick

Wednesday 22nd July 2009 at 7.30 pm



Cert. Accurate 09/020

An evening 6.8 mile road running race
organised by Keswick Athletic Club.
web site www.keswick-ac.org.uk



UKA Licence 10140

Route ~ Start & Finish at Keswick School.
A new 6.8 mile course into the Newlands Valley.
(Replacing "Newlands Valley 9K" & "Swinside Six")

Venue ~ Keswick School, Crosthwaite, Keswick, Cumbria CA12 5QB
Parking ~ Registration ~ Changing ~ Showers ~ Refreshments

Entry ~ On race day only ~ Enquiries to Alan Ritchie
132 Scotby Rd. Carlisle CA4 8BJ Tel. 01228 513200

Fees ~ £4:00 Club members ~ £6:00 Unattached ~ £3:00 Keswick A.C.

Results ~ By SAE or from the Club web site www.keswick-ac.org.uk

~ Supported by New Balance, Bank St. Keswick ~

ENTRY FORM ~ Please print clearly UK Athletics rules apply

SURNAME -----

FIRST NAME -----

CATEGORY Male or Female _ _ _ Age _ _ _ (Min. 16yrs) Date of Birth _ _ _

CLUB NAME or UNATTACHED -----

England athletics Membership No. -----

ADDRESS -----

EMERGENCY CONTACT Tel. No. on race day -----

I declare that I enter at my own risk and the Organisers will not
be held liable for any damage or injury caused by my participation

SIGNATURE -----

DATE -----