

Entry form for handicapped track events Ambleside Sports,
Thursday 28th July 2022

England Athletic Rules Apply
Closing date for Entries 23rd July

PRIZE MONEY:

Senior Track Event	1st	2nd	3rd	4th	5th	6th
90m Handicap	Trophy + £100	£50	£25	£15		
200m Handicap	Trophy + £100	£50	£25	£15		
400m Handicap	Trophy + £100	£50	£25	£15	---	---
800 m Handicap	Trophy + £100	£50	£25	£15	---	---
1600 m Handicap	Trophy + £100	£50	£25	£15	---	---

U17 Track Events	1st	2nd	3rd	4th	5th	6th
90m Handicap	Trophy + £40	£20	£10	£5	£5	£5
200m Handicap	Trophy + £40	£20	£10	£5	£5	£5
400m Handicap	Trophy + £40	£20	£10	£5	---	---
800m Handicap	Trophy + £40	£20	£10	£5	---	---

Name.....D.O.B.....

Address.....

.....Post Code.....

Telephone.....Email.....

PERSONAL BEST TIME OVER DISTANCE(S) NEAREST TO THOSE ENTERED

Date	Distance	Time	Date	Distance	Time
.....
.....
.....

LAST THREE COMPETITIVE RUNS

TIME	DISTANCE	VENUE & DATE
1.....
2.....
3.....

Please enter me for the following events:-

Signed:

First Race at Noon

Entry fee :- **Seniors:** £6.00 (Covers 2 events, additional events £2 per event).

Youths: U17 £3.00 (Covers 2 events, additional events £1 per event).

Cheques / P.O payable to "Mr D. Campbell " **To: 4, Paxton Crescent, Lockgelly, Fife, KY5 9ET.**

Please include stamped addressed envelope for complimentary ticket.

If there is still availability on the day then Junior entries will be allowed.
However for 2022 all Senior entries must be pre-registered.