Ambleside Sports Entry form for handicapped track events Thursday 31st July 2025
First Race at 12 midday

England Athletic Rules Apply

Closing date for Entries 15th July (NO entries on the day will be permitted)

PRIZE MONEY:

Senior Track Events	**1st**	**2nd**	**3rd**	**4th**	**5th**	**6th**
Event Numbers						
1. 90m Handicap	Trophy + £100	£50	£25	£10	£10	£10
2. 200m Handicap	Trophy + £100	£50	£25	£10	£10	£10
3. 400m Handicap	Trophy + £100	£50	£25	£10	£10	£10
4. 800 m Handicap	Trophy +£100	£50	£25	£10	£10	£10
5. 1600 m Handicap	Trophy + £100	£50	£25	£10	£10	£10
U17 Track Events	1st	2nd	3rd	4th	5th	6th
6. 90m Handicap	Trophy + £40	£20	£10	£5	£5	£5
7. 200m Handicap	Trophy + £40	£20	£10	£5	£5	£5
8. 400m Handicap	Trophy + £40	£20	£10	£5	---	---
9. 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**

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LAST THREE COMPETITIVE RUNS

TIME DISTANCE VENUE & DATE

1……

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2……

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3……

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Please circle the events you wish to enter **1 2 3 4 5 6 7 8 9**

Signed:.....

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 **Donald Campbell** to: **4 Paxton Crescent, Lochgelly, Fife, KY5 9ET**

Bank Transfer **Donald Campbell** Account Number **84059268** Sort code **87 70 57**

Please include stamped addressed envelope for complimentary ticket.

Please note that ALL (Senior and Junior) entries must be pre-registered

NO LATE ENTRIES WILL BE PERMITTED