

SMK SPORTS



West Yorkshire Scaffolding Ltd

Fitness First



Not for Shrinking Violets

Zylo

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PENNINE FOOD INGREDIENTS turning blending around

Nestle Good Food, Good Life

A MULTI-TERRAIN 10 MILE RACE

Sunday 4th May 2008 at 10.00am

Start: Heath Rugby Club, Stainland Road, West Vale, Halifax, HX4 8QA

Under UKA Rules - Licence Number 10235

The course incorporates some of the most scenic views within the heart of Yorkshire with a unique river crossing to finish

QUALITY GIFT AND GOODY BAG TO ALL FINISHERS

EXTENSIVE PRIZE LIST:

Mens, Ladies, Vets, Teams, and Course Record (Male and Female) Changing Facilities Available, Limited Showers

Entry Fees: £8.00 UKA Club Members/£10.00 Unattached Entries accepted on the day, subject to the race limit (£1 extra). Postal Entries close on 26th April 2008.

Please send completed entry form with cheque (payable to Stainland Lions Running Club) to: The Entries Secretary, Bluebell Trail 10, 16 Grasmere Drive, Elland, Halifax, HX5 9PW Tel: 01422 375123 Email: Bluebell\_Trail@stainlandlions.com Website: www.stainlandlions.com Please send stamped addressed envelope with your entry to receive race instructions by post. Alternatively, please provide your email address and we will forward instructions electronically.

Race Limit of 500 (enter early)

SURNAME..... FORENAMES.....

AGE ON RACE DAY..... UKA CLUB .....

ADDRESS.....

POSTCODE..... TEL NO..... MEMBERSHIP NO.....

EMAIL ADDRESS.....

Please tick here if you wish to receive your race instructions via email

Tick as appropriate

I hereby declare that I am an amateur according to UKA rules and I am over 17 years of age. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be responsible for any injury incurred by me as a result of the race or any damage to or loss of property.

Male

Female

Signed..... Date.....