



A MULTI-TERRAIN 10.3 MILE RACE

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

RAISING FUNDS FOR



Sunday 2nd May 2010 at 10am from Heath Rugby Club
Stainland Road, West Vale, Halifax, HX4 8LS

Under UKA rules - permit applied for



QUALITY GIFT & GOODY BAG TO ALL FINISHERS
EXTENSIVE PRIZE LIST FOR MENS, LADIES, VETS,
TEAMS AND COURSE RECORD (male & female)
Changing facilities & showers available.



Entry fee £8 UKA members or £10 unattached.



Online entry available at:

www.ukresults.net

www.runnersworld.co.uk



£2 administration fee for transferring your
details to another competitor.

Postal entries close 26th April 2010



NO ENTRIES ON THE DAY - PRE-ENTRY ONLY



Send completed entry form with cheque made payable to Stainland Lions to: Bluebell Trail, 33 Albion Court, Halifax, West Yorkshire, HX1 1YN. A regular list of entrants will be posted on the website. Race numbers to be collected on the day. Race limit of 450 so don't delay, enter early.

Email: bluebell@stainlandlions.com Website: www.stainlandlions.com Phone: 07855 213915

Forename		Surname	
Address			
Postcode		Phone	
Email address			
UKA club & membership number		Age on race day	M or F
I hereby declare that I am an amateur according to UKA rules, am over 17 years of age and medically fit to run. I understand that I enter at my own risk and that the organisers will in no way be responsible for any injury, damage or loss incurred to me or my property as a result of the race.		Sign & date	