

Stainland Lions and



Always giving you extra

Invite you to “The Stainland 7” On Sunday 5th September 2010 at 10:30am

A scenic 7 mile undulating road race starting and finishing at The Red Lion Pub, 400 Stainland Rd, Halifax, HX4 9HU.

QUALITY GIFT TO ALL FINISHERS

Prizes for 1st, 2nd and 3rd Men and Women – plus Veterans category prize
Prize for 1st Male and Female teams (team consists of 3 runners from one club)

Entry £8.00 attached, £10.00 unattached
Entries available on day with £1 supplement

Please complete the section below and send with a cheque
(made payable to Stainland Lions Road Runners):
The Entries Secretary, Stainland 7, 9 Spruce Drive, Northowram, Halifax, HX3 7WG
Numbers will be available to pick up on race day
Closing date for postal entries August 31st

For race enquiries email enquiries@stainlandlions.com or call Gavin Dodd on 07770342116
Race Permit applied for. Results will appear on www.ukresults.net

www.stainlandlions.com

Forename: **Surname:** **DOB:**

Address:

Postcode: **Email:**

Male/Female **Age on race day**..... (must be 17 years or over)

UKA Affiliated Club: **Membership No:**

Amount enclosed:

I hereby declare that I am an amateur according to UK Athletics Laws. I also declare that my participation in this event is entirely at my own risk and that none of the organisers or sponsors of this event nor their members, servants or agents, shall be liable in any way whatsoever in connection with any loss, damage, injury or death either caused to or by me.

Signed: **Date:**

Club Website – www.stainlandlions.co.uk
Course Record – Ben Mounsey 40.52 – 2009 – Cash prize for new record