

SPENBOROUGH & DISTRICT AC PRESENTS

SPEN GREENWAY 10K



On Sunday 15th September 2019

Assisted by SMK Sports

Incorporating the Northern Masters 10k Championships

Start 11.00 a.m. prompt - Licence under UKA Rules

A race on tarmac over 10 kilometres from Princess Mary Athletics Stadium
WF15 6LW, Cleckheaton West Yorkshire (2 miles from junction 26 M62)
The race is run on the disused railway line and is therefore flat and traffic-free and a
potentially fast course capable of recording a PB

FACILITIES - Parking, changing, showers, refreshments & results on the day.

ENTRY FEE - £10.00 Affiliated club members, £12.00 Unattached runners. £2.00 extra for entry on the day but eligible for prizes. Cheques payable to Spenborough & District A.C.

Northern Masters Championship Entry - Add £1 to entry fee, medals in all age Groups to **Members only**. Check with NMAC if you are not sure.

COURSE – The race starts on the Greenway by Primrose Lane and is an out and back course to Low Moor.

ENTRIES – To Chris Drake, 4 Chapel Fold, Lower Wyke, BD12 9AE. Enquiries on 01274 678363 before 9.30pm only please. Enclose a large S.A.E. for number and race details or opt to collect your number on the day. On-line entry available on bookitzone/ukresults.net

PRIZES – First 3 Men, First 3 Ladies, & Vets prizes according to entry. First team Men & Women (3 to count).

MEMENTO – Every finisher to receive a memento.

Northern Masters Championship Entry - Add £1 to entry fee, medals in all age Groups

Entry Limit of 200 so early booking is advised

First name.....Surname.....

Address.....

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Age on race day.....Date of birth.....M/F.....

Telephone No.....Club:.....

E-mail.....EA Number.....

NMAC Entry (Tick) (Add £1) NMAC No Age Cat

I am an amateur as defined by UKA laws. I am medically fit to run and enter at my own risk. I shall not hold the organizers or sponsors responsible for any injury or loss/damage to property.

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