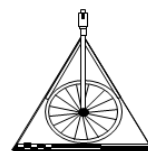




UP & RUNNING
WAKEFIELD



Spenborough and District Athletic Club presents the

SPEN 20

Under UK Athletic Rules

On Sunday 9th March 2014, start 10am prompt

N of E licence

A two loop race over 20 miles from Princess Mary Athletics Stadium,
Cleckheaton, West Yorkshire, WF15 6LW (2 miles from junction 26 M62)
Incorporates Yorkshire & Yorkshire Vets 20 miles Championships

FACILITIES: parking, changing, showers, drinks, refreshments and results on the day. SMK sports will attend to sell athletics gear.

ENTRY FEE: £9 Affiliated club members, £11 Unattached runners. £2 extra for entry on the morning but eligible for prizes. Cheques payable to Spenborough and District A.C.

ENTRIES: to Chris Drake, 4 Chapel Fold, Lower Wyke, Bradford, BD12 9AE.

Enquiries on 01274 678363 before 9.30pm please. Enclose a large SAE for number/race details or choose to collect number on the day.

Online entry also available at www.ukresults.net / www.bookitzone.com

PRIZES: First 10 Men, First 5 Ladies, Vets in usual 5 year age categories, Men's and Ladies team prize (3 to count).

RUNNERS INFORMATION: available on the club website www.spenac.co.uk and should be consulted by athletes collecting their number on the day.

First Name _____ Surname _____

Address _____

Email _____

Telephone _____ Yorkshire Champs (please circle) Yes No

Club or U/A _____ EA number _____

Age _____ DOB _____ Male / Female (please circle)

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

Signed _____ Date _____