

# MAWDESLEY TRAIL 10K RUN

Under ARC Rules (Association of Running Clubs)  
Permit applied for.

**Elevate**  
PHYSIOTHERAPY  
& SPORTS INJURY CLINIC

All proceeds to:-

**Elevate**  
PHYSIOTHERAPY  
& SPORTS INJURY CLINIC

## Mawdesley Millennium Green

Reg.Charity No.1075755

**Sunday 29<sup>th</sup> September 2019 at 11:00am**  
6.2miles Multi Terrain

**ENTRY & REGISTRATION FROM 9:00am at The Red Lion,**

68 New Street Mawdesley. L40 2QP

**Parking at pub car park & surrounding roads.**

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PLEASE CAR SHARE

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& SPORTS INJURY CLINIC

Entries online via [www.bookitzone.co.uk](http://www.bookitzone.co.uk) or  
c/o Jane Woodburn, 36 Tarnbeck Drive, Mawdesley, Ormskirk, Lancs. L40 2RU  
Tel: 01704 821112  
Email: jane.woodburn@icloud.com

Affiliated Club Runner: £6.00, Unattached: £8.00

Cheques payable to Mawdesley Millennium Green Trust

**Numbers to be collected at registration. Postal Entries close 22<sup>nd</sup> Sept 2019**

**ENTRIES ON THE DAY (subject to availability) +£2**

Name \_\_\_\_\_ M F DOB \_\_\_/\_\_\_/\_\_\_ Age on Race day (15 Min) \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Tel \_\_\_\_\_ E-mail \_\_\_\_\_

Affiliated Club \_\_\_\_\_

**Declaration:** I am eligible to compete as defined by **ARC rules**, and I am medically fit to run. I understand that the above Event Organisers or anyone associated with the Race will in no way be held responsible for any injury or illness, or any loss or damage to my personal property during the event.

Signed.....Date..... from ukresults.net