

Spenborough and District Athletic Club presents the

SPEN 20

On Sunday 12th March 2023, start 10am prompt

N of E licence under UKA rules

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 20 miles Championship

FACILITIES: parking, changing, showers, drinks, refreshments and results on the day.

ENTRY FEE: £20 Affiliated club members, £22 Unattached runners. £3 extra for entry on the morning but eligible for prizes. Cheques payable to Spenborough and District A.C.

ENTRIES: to Gavin Rhodes, 38 Hudson View, Wyke, Bradford, BD12 8HY

Enquiries on 07810 345406 before 9.00pm please. Online entries are available at www.ukresults.net/bookitzone together with postal entries if preferred. The entry fee includes the posting of your race number and runner's information.

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RUNNERS INFORMATION: Marshals may be withdrawn after 4 hours. We look to be inclusive and will try and accommodate the needs of anyone expecting a time well in excess of this by an earlier start in exceptional circumstances.

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 _____