



MELTHAM AC



Are you tough enough ?

MELTHAM (TOUGH) 10K

We had 2 cases of hypothermia in 2014 so please dress for the conditions !

******* iPODS, mp3S or any head phones WILL NOT BE ALLOWED *******

LIMIT 450 RUNNERS

Sunday 29th January 2023

Start time 9.30 am

(Near Huddersfield)

Under UKA rules

Permit applied for

Starting From

Meltham Community Sports Centre, Mean Lane , Meltham, HD9 5QT

Changing facilities, bar and refreshments available

With Support from :-



SMK RUNNING

Castle Mills, Saddleworth Road, Elland, Halifax, HX5 0RY

www.smkrunning.co.uk

info@smkrunning.co.uk

Memento to all finishers

Parking is limited, please car share where possible

Prizes for 1st 5 men , 1st 5 ladies ,
all vets categories ,
club teams male & female [3 to count]

Marshals will be withdrawn at 10.45 am

Course records

Mens ; P. Cuskin 30.36 1993 , Womens; A. Pitchrtova 35.49 2005

Name.....

Address.....

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Post code.....

**Minimum age 16 years on the day
club runners - £ 12.00 , Unattached £14.00**

Entry on the day £ 2.00 extra

You can also enter on line at www.bookitzone.com

Closing date for postal entries 25th January

cheques payable to Meltham AC

Numbers to be collected on the day

DO NOT ENCLOSE AN SAE !!

Club.....

Age on race day

UKA registration number.....

M / F.....Telephone.....

Email.....

understand that the organisers will in no way be responsible for any
injury / illness due to my participation in this event & that I am an amateur
as defined by UKA laws.

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

Post to event secretary

Andy Whitworth

Try Cycling

9a North Road

Kirkburton

Huddersfield

HD8 0NX

official use only

Email ; trycycling@btconnect.com

Tel. 07913 230591

If we are forced to cancel the race due to bad weather, we will reschedule the event to a later date.



www.melthamac.com