



# 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 28th January 2024**

**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](http://www.smkrunning.co.uk)

[info@smkrunning.co.uk](mailto:info@smkrunning.co.uk)

Memento to all finishers

**Parking is limited, please car share where possible**

Prizes for 1<sup>st</sup> 5 men , 1<sup>st</sup> 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**Marshals will be withdrawn at 10.45 am**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](http://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.....

**Date of Birth** \_\_\_/\_\_\_/\_\_\_

**Age on race day** \_\_\_\_\_

Post to event secretary

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.....

official use only



Andy Whitworth  
Try Cycling  
9a North Road  
Kirkburton  
Huddersfield  
HD8 0NX

Email ; [trycycling@btconnect.com](mailto: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](http://www.melthamac.com)**