



MELTHAM AC



Are you tough enough ?

MELTHAM (TOUGH) 10K

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

Fully Chip timed

******* IPODS AND mp3S WILL NOT BE ALLOWED *******

LIMIT 450 RUNNERS

Sunday 31st January 2016

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 :-



Market Street , Huddersfield

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]

Plus £ 50.00 UP & RUNNING VOUCHER for new course record.
Mens ; P. Cuskin 30.36 1993 , Womens; A. Pitchrtova 35.49 2005

Marshals will be withdrawn at 10.45 am

Name.....

Minimum age 16 years

Address.....

club runners - £ 10.00 , Unattached £12.00

Pre-entry only, no entry on the day

You can also enter on line at www.ukresults.net

Closing date for postal entries 21st January

cheques payable to Meltham AC

Numbers and chips to be collected on the day

DO NOT ENCLOSE AN SAE !!

Post code.....

Club.....

Post to event secretary

Age on race day

official use only

Andy Whitworth

Try Cycling

UKA registration number.....

9a North Road

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

Kirkburton

Email.....

Huddersfield

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.

HD8 ONX

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

Email ; trycycling@btconnect.com

Tel. 01484 607830 (day) 01484 646387 (eve)

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

Please tick this box if you do not wish to receive news of promotions and offers from Up & Running

www.runningshoes.co.uk

www.melthamac.com