



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 26th January 2020

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 :-

UP & RUNNING



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]
Marshals will be withdrawn at 10.45 am

Plus £ 50.00 UP & RUNNING VOUCHER for new course record.
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 24th January
cheques payable to Meltham AC
Numbers to be collected on the day
DO NOT ENCLOSE AN SAE !!

Club.....

Age on race day

official use only

Post to event secretary
Andy Whitworth
Try Cycling
9a North Road
Kirkburton
Huddersfield
HD8 0NX

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.....

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.

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