



Spenborough and District Athletic Club presents the

SPEN 20

On Sunday 10th March 2019, 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. SMK sports will attend to sell athletics gear.

ENTRY FEE: £13 Affiliated club members, £15 Unattached runners. £2 extra for entry on the morning but eligible for prizes. Cheques payable to Spenborough and District A.C.

ENTRIES: to Chris Drake, 4 Chapel Fold, Lower Wyke, Bradford BD12 9AE.

Enquiries on 01274 678363 before 9.30pm please. Online entries are available at www.bookitzone.com 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RUNNERS INFORMATION: Marshals may be withdrawn after 3 hours 30 minutes. Anyone expecting a time well in excess of this may be accommodated 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 _____

