



*Spenborough and District Athletic Club presents the*

# SPEN 20

**On Sunday 13th March 2016, 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 & Yorkshire Vets 20 miles Championships**

FACILITIES: parking, changing, showers, drinks, refreshments and results on the day. SMK sports will attend to sell athletics gear.

ENTRY FEE: £10 Affiliated club members, £12 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. Enclose a large SAE for number/race details or choose to collect number on the day. Online entry also available at [www.ukresults.net](http://www.ukresults.net).

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: available on the club website [www.spenac.co.uk](http://www.spenac.co.uk) and should be consulted by athletes collecting their number on the day. Marshals may be withdrawn after 3 hours 30 minutes.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.

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 \_\_\_\_\_



**LOTTERY  
FUNDED**



**SPORT  
ENGLAND**