

# The 5th Marsden 10 Mile Challenge

A CIRCULAR ROUTE AROUND THE COLNE VALLEY AT 10:00am ON SUNDAY 8TH JUNE 2014  
 From: Marsden Conservative Club, Victoria Street, Marsden, HD7 6DF  
**Walk or Run this Fabulous Course!**

### Details & Conditions

Colne Valley Lions invite you to take part in this event. This wonderful multi-terrain route takes in Deer Hill, Meltham Moor, Wessenden Head, Wessenden Valley and of course, Marsden.

Monies raised will go towards local charities and Hollybank Trust.

Entry Fee (non refundable) £10 to include post event refreshments. (On the day entry £12).

Local car parking and changing facilities available (no showers).

Well controlled dogs are welcome. All entrants to report to final check point by 3pm. If you need to retire **you must** inform the nearest Marshall. HolmeValley Mountain Rescue will be in attendance.

Children under the age of 16 must be accompanied by a responsible adult.

The route (80% off road) will be marked and water is available throughout.

Medals for everyone who finishes, vouchers for the fastest male/female runners.

Marsden Tourist Information: 01484 222555

Information will be sent out after May 1st

For further details contact: Sharon Topham

Tel: 01484 658173

Email: topham99@hotmail.co.uk

### ENTRY FORM

Please enter me/us for the Marsden 10 mile challenge, I/we have read and agreed to abide by the rules and conditions of the even. I/we will abide by the country code at all times. I/we are in good health and haven no medical condition that may cause concern or inconvenience to anyone else. I/we understand that participation is at my/our own risk and no liability is accepted by the organisers for injury, damage or loss of effects by me/us before, during and after the event.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ Post Code: \_\_\_\_\_  
 Mobile: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Running Club: \_\_\_\_\_

#### Entrants:

1: \_\_\_\_\_ Age: \_\_\_\_\_  
 Walker  Runner   
 2: \_\_\_\_\_ Age: \_\_\_\_\_  
 Walker  Runner   
 3: \_\_\_\_\_ Age: \_\_\_\_\_  
 Walker  Runner   
 4: \_\_\_\_\_ Age: \_\_\_\_\_  
 Walker  Runner   
 5: \_\_\_\_\_ Age: \_\_\_\_\_  
 Walker  Runner

I/We accept the rules of the run & enclose my/our entry fee or £ \_\_\_\_\_  
 (cheques made payable to Colne Valley Lions)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**\*Further details will be emailed on receipt of payment. Please send a stamped address envelope if you wish to receive details by post\***

Please send to: SHARON TOPHAM, 6 BANKS DRIVE, GOLCAR, HUDDERSFIELD, HD7 4RJ

