



*Spenborough and District Athletic Club presents the*

# SPEN 20

**On Sunday 15<sup>th</sup> March 2020, 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:** please note this year there will be limited 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 9.30.pm please. Online entries are available at [www.bookitzone.com](http://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**RUNNERS INFORMATION:** Marshals may be withdrawn after 3 hours 30 minutes.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.

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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 \_\_\_\_\_