



Black Knight Charge

6 Mile Trail Race
2 mile Under 16's Race

WHEN: WED 17th JULY 2019, 7.30PM

WHERE: START & FINISH AT DAISY NOOK
In Basin Area, 400m from visitors centre. Please arrive early as start point is 15mins walk from East Cheshire Harriers Headquarters

You are going to enjoy this challenging off road of 6 miles, in the most beautiful surroundings of the Medlock Valley, following tracks and paths of Daisy Nook, including hilly sections that loop around Park Bridge before returning to Daisy Nook to finish. Measured Course, under UKA Rules, License Number 2019-37837

Name _____ Age _____ M/F

Address _____

Club _____

UKA No: _____ Race No: _____

Course Records; Male, Matt Bond, Sale Hrs, 31m 52s. Female, Sarah Tunstall, Kendal AAC. 37m 27s.

Declaration: I understand that the organisers will not be held liable for any loss, injury, or illness during the race.

Signed _____ Parental Signature (if Under 18) _____

Cheques payable to East Cheshire Harriers & Tameside AC. Send entries with S.A.E. to Martin McGann, 1 County Avenue, Ashton-Under-Lyne, OL6 9RP. Tel: 0161 343 7063

ENTRY FEES

£10.00 General

£12.00 U/A

£3.00 U/16

Race Limit: 250

Registration on night at: East Cheshire Harriers Headquarters, Richmond Street, Ashton-Under-Lyne, OL7 9HG

INCLUDES

- Hot pot supper • Bar
- Change Rooms • Showers
- Refreshments

PRIZES TO:

Men • Women • All Veterans
Teams 1st & 2nd M+F

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DAVENPORT HOUSE
CLINIC

Special Offer Quote 'Black Knight Charge' at Davenport House Clinic and receive a One Hour Sports Massage for £30.00 (usual price £35.00) and a 30 minute Sports Massage for £20.00 (usual price £25.00).