

WIGAN PHOENIX
THE STANDISH HALL TRAIL RACES
AUTUMN/WINTER 2016/17
(UNDER TRA RULES. PERMIT APPLIED FOR)

SATURDAY 22nd OCTOBER 2016 and
SATURDAY 18th FEBRUARY 2017 at 2.30PM

DISTANCE - APPROX 10K MINIMUM AGE - 16

Course records:

Matt Moorhouse, Salford Harriers, 34.15; Lauren Howarth, Leigh Harriers, 37.04

REGISTRATION: BRITANNIA HOTEL, ALMOND BROOK RD, WN6 0SR (NEAR M6 J27)

Runners of all standards welcome. Bar and free results on the day
The course is completely off road on bridle paths and woodland trails
<http://www.movescount.com/moves/move49505230#.VK7-SLiYGeU.email>

Back by Public Demand - A Free Wigan Pie!



PRIZES (Kindly Sponsored by The Endurance Store)
1st 5 MEN, 1st 3 WOMEN + 1st JUNIORS (U20), 1st/2nd VET,
CLUB TEAM (4M/3W) & UNATTACHED TEAM(4M/W) PRIZES

PRE-ENTRIES (INC A5 SAE FOR MAP/NUMBER) BY 15.10.16/11.02.17 TO
PAUL CARROLL, 21 PILGRIMS WAY, STANDISH, WIGAN, WN6 0AJ

PRE-ENTRY FEES (PAYABLE TO WIGAN PHOENIX):

PER RACE £6 (£8 UNATTACHED) or

PRE-ENTER BOTH RACES BY 15.10.16 FOR £10 (£13 UNATTACHED)

OR ENTER ONLINE (FEES APPLY) BY 19.10.16/15.02.17 VIA

<http://www.runnersworld.co.uk>

<https://bookitzone.com/>

<http://www.race-results.co.uk/results/2015/>

ENTRIES ON THE DAY WELCOME - £7 (£9 UNATTACHED)

email enquiries to paul.carroll@wiganphoenix.org.uk or phone 07950 074173.

Standish Hall Trail Race Oct/Feb/Both (please circle)

Name _____ Club _____

DOB _____ Vet category _____ M/F _____ UKA No _____

Address _____

Postcode _____ Signed _____ Date _____

Parental signature (for 16-17 year olds) _____

I am an amateur as defined by UKA/TRA rules. I agree to participate entirely at my own risk. I declare that I am medically fit to run & agree to be bound by UKA/TRA rules.