

WIGAN PHOENIX
THE STANDISH HALL TRAIL RACES
AUTUMN/WINTER 2013/14

(UNDER UKA RULES. Licence Applied)

www.runbritain.com

SATURDAY 19th OCTOBER 2013 and
SATURDAY 22nd FEBRUARY 2014 at 2.30PM

DISTANCE - VERY APPROX 10K

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)

Bar and free results on the day.

The course is completely off road on bridle paths and woodland trails

PRIZES (Kindly sponsored by SWEATSHOP)

**1st 5 MEN, 1st 3 WOMEN + 1st JUNIOR (U20), 1st/2nd VET,
CLUB TEAM (4M/3W) & UNATTACHED TEAM PRIZE, SPOT PRIZES**

PRE-ENTRIES (INC A5 SAE FOR MAP/NUMBER) BY 14.10.13/15.02.14 TO
PAUL CARROLL, 21 PILGRIMS WAY, STANDISH, WIGAN, WN6 0AJ
OR ENTER ONLINE VIA www.ukforms.net / www.bookitzone.com

PRICES UNCHANGED FOR THE 8TH YEAR

PRE-ENTRY FEES (PAYABLE TO WIGAN PHOENIX):

PER RACE £4 (£6 UNATTACHED) or

PRE-ENTER BOTH RACES BY 15.10.12 FOR £6 (£10 UNATTACHED)

ENTRIES ON THE DAY WELCOME - £5 (£7 UNATTACHED)

(Min age 16)

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 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 rules.