



Supported by

SMK SPORTS

Not for Shrinking Violets

A MULTI-TERRAIN 10 MILE RACE
Sunday 7th May 2006 at 10.00am

Start at Heath Rugby Club, West Vale, Halifax

Under UKA rules - NoEAA permit applied for

The course incorporates some of the most scenic views within the heart of Yorkshire with a unique river crossing to finish

QUALITY GIFT AND GOODY BAG TO ALL FINISHERS

EXTENSIVE PRIZE LIST, Mens, Ladies, Vets
Changing Facilities Available, Limited Showers

Entry Fees: £8.00 UKA Club Members/£10.00 Unattached
Entries accepted on the day, subject to the race limit (£1 extra).
Postal Entries close on 28th April 2006.

Please send completed entry form with cheque (made payable to Stainland Lions Road Runners) and a stamped self-addressed envelope to:
The Entries Secretary, Bluebell Trail 10, 12 Hebble Vale Drive, Wheatley, Halifax, HX2 8TL Tel: 01422 359232 Email: enquiries@stainlandlions.com
Website: www.stainlandlions.com

Voted in Runners World Readers' Race of the Year 2005
Race Limit of 500 (enter early)

SURNAME.....

FORENAMES.....

Tick as appropriate

Male []

ADDRESS.....

Female []

POSTCODE.....

AGE ON RACE DAY.....

TEL NO.....

UKA CLUB

MEMBERSHIP NO.....

I hereby declare that I am an amateur according to UKA rules and I am over 17 years of age. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be responsible for any injury incurred by me as a result of the race or any loss of property.

Signed.....

Date.....