



Supported by

SMK SPORTS  
**UP**  
**RUNNING**



**Not for Shrinking Violets**

**A MULTI-TERRAIN 10 MILE RACE**

**Sunday 6th May 2007 at 10.00am**

**Start at Heath Rugby Club, Stainland Road, 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, Teams**  
**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 30th April 2007.

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, 16 Grasmere Drive, Elland, Halifax  
Tel: 01422 375123 Email: enquiries@stainlandlions.com Website: www.stainlandlions.com

**Voted in Runners World Readers' Race of the Year 2006**  
**Race Limit of 500 (enter early)**

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*Tick as appropriate*

SURNAME..... FORENAMES..... 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.....