



SPEN GREENWAY 10K



For better
mental health
Registered Charity
No 1007625

On Wednesday 8th June 2011
Start 7.30 p.m. prompt
N of E licence under UKA Rules



A race on tarmac over 10 kilometres from Princess Mary Athletics Stadium
WF15 6LW, Cleckheaton West Yorkshire (2 miles from junction 26 M62)

FACILITIES - Parking, changing, showers, refreshments & results on the night.

ENTRY FEE - £6.00 Affiliated club members, £8.00 Unattached runners. £2.00 extra for entry on the evening but eligible for prizes. Cheques payable to Leeds Mind.

MEMENTO/GIFT – will be given to everyone completing the race.

COURSE – The race starts on the Greenway by Primrose Lane and is an out and back course to Low Moor. A potentially fast PB course.

ENTRIES – To Chris Drake, 4 Chapel Fold, Lower Wyke, BD12 9AE. Enquiries on 01274 678 363 before 9.30 p.m only please. Enclose a large S.A.E. for number and race details or opt to collect your number on the day. Entry form & results on ukresults.net.

PRIZES – First 3 Men, First 3 Ladies, & Vets prizes according to entry. Plus a prize for the first Corporate team (3 to count) – supported by Flexitallic Ltd & Novus Sealing Ltd.
Entry Limit of 200 so early booking is advised

First name.....Surname.....

Address.....

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Age on race day.....Date of birth.....M/F.....

Telephone No.....Club:Corporate team.....

E-mailEA Number.....

I am an amateur as defined by UKA laws. I am medically fit to run and enter at my own risk. I shall not hold the organizers or sponsors responsible for any injury or loss/damage to property.

Signed..... Date.....