



Meltham AC



present the

New, faster revised course, missing out one BIG descent and one BIG climb
***** PLEASE LEAVE YOUR IPODS AND mp3S AT HOME ! *****

MELTHAM 10K

Sunday 29th January 2012

Start time 9.30 am

(Near Huddersfield)

Under UKA rules

Permit applied for

Starting From

Meltham Community Sports Centre, Mean Lane , Meltham, HD9 5QT
Changing facilities, bar and refreshments available

With Support from :-

UP & RUNNING



Market Street , Huddersfield

Memento to first 250

Prizes for 1st 5 men , 1st 5 ladies ,
all vets categories ,
club teams male & female (3 to count)

Plus £ 50.00 UP & RUNNING VOUCHER for new course record.
Mens ; P. Cuskin 30.36 1993 , Womens; A. Pitchrtova 35.49 2005

Name.....

Address.....

.....

.....

.....

Post code.....

Club.....

Age on race day

UKA registration number.....

M / F.....Telephone.....

Email.....

understand that the organisers will in no way be responsible for any
injury / illness due to my participation in this event & that I am an amateur
as defined by UKA laws.

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

Minimum age 16 years

club runners - £ 8.00 , Unattached £10.00

Pre-entry only, no entry on the day

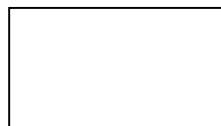
Closing date Tuesday 24th January

cheques payable to Meltham AC

Post to event secretary;

PLEASE ENCLOSE A 9x6 SAE

official use only



Andy Whitworth

Try Cycling

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Kirkburton

Huddersfield

HD8 0NX

Email ; trycycling@btconnect.com

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www.runningshoes.co.uk

www.melthamac.com