



Spenborough and District Athletic Club presents the

# SPEN 20

Under UK Athletic Rules

**On Sunday 11<sup>th</sup> March 2012, start 10am prompt**

N of E licence

A two loop race\* over 20 miles from Princess Mary Athletics Stadium,  
Cleckheaton, West Yorkshire, WF15 6LW (2 miles from junction 26 M62)

\*Following the opening of the Whitechapel Bridge over the M62 the course reverts to its normal route

**Incorporates Yorkshire 20 miles Championships**

FACILITIES: parking, changing, showers, drinks, refreshments and results on the day. SMK sports will attend to sell athletics gear.

ENTRY FEE: £9 Affiliated club members, £11 Unattached runners. £1 extra for entry on the morning but eligible for prizes. Cheques payable to Spenborough and District A.C.

ENTRIES: to Chris Drake, 4 Chapel Fold, Lower Wyke, Bradford, BD12 9AE.

Enquiries on 01274 678363 before 9.30pm please. Enclose a large SAE for number/race details or opt to collect number on the day. Online entry also available at [www.ukresults.net](http://www.ukresults.net).

PRIZES: First 10 Men, First 5 Ladies, Vets in usual 5 year age categories, Men's and Ladies team prize (3 to count).

RUNNERS INFORMATION: available on the club website [www.spenac.co.uk](http://www.spenac.co.uk) and should be consulted by athletes collecting their number on the day.

## QUALITY MEMENTO TO ALL FINISHERS

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_ Yorkshire Champs (please circle) Yes No

Club or U/A \_\_\_\_\_ EA number \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Male / Female (please circle)

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

Signed \_\_\_\_\_ Date \_\_\_\_\_