



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 300

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.....

I 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

From ukresults.net

www.melthamac.com