

NORTHERNBOYSLOVEGRAVY

Present

THE GRAVY PUD

FELL RACE

11am Sunday 4th December 2011



From The Bulls Head Pub, Tintwistle. GR 024973

Northernboyslovegravy are pleased to stage this Fell Race taking in Lees Hill, Swallows Wood and surrounding areas. The race is suitable for runners of all abilities. Some off road running experience would be useful. The course is marked and marshaled.

Prizes to winners, informal cake competition in the pub afterwards. The Bulls Head offers a range of ales and foods at great prices/

Entry fee: £5 Cheques payable to northernboyslovegravy. Minimum age 16. Course not suitable for wheelchairs. Three to count for the team prize. Entry on the day available.

Post your entry slip with cheque to: Race Organiser, Gravy Pud, 9 Calico Crescent, Carrbrook, Stalybridge, Cheshire, SK15 3FL no later than **Monday 28th November 2011**. Numbers to be collected on the day from the race venue.

(Enquiries – roadrunneraj@btinternet.com)

Please print clearly- Entry form for The Gravy 6

Name..... DoB

Address.....

..... Tel

Club..... UKA reg. No.

Race use only:
Race Number

Junior Male (u/18) Senior Male Male Vet 40 Male Vet 45 Male Vet 50

Male Vet 55 Male Vet 60 Male Vet 65 Male Vet 70

Junior Female (u/18) Senior Female Female Vet. 35 Female Vet 40 Female Vet 45

Female Vet 50 Female Vet 55 Female Vet 60

I declare that I am medically fit to run and understand that the organisers of this race will not be held responsible for personal injury, illness or damage incurred before, during or after the race. I am an amateur as defined by UK Athletics

Signed..... Date.....
(to be signed by parent or guardian if entrant is under 18)