



MELTHAM AC



Are you tough enough ?

MELTHAM (Tough) 10K

We had 2 cases of Hypothermia in 2014 so please dress for the conditions !

******* IPODS AND mp3S WILL NOT BE ALLOWED *******

LIMIT 450 RUNNERS

Sunday 28th January 2018

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 all finishers

Parking is limited, please car share where possible

Prizes for 1st 5 men , 1st 5 ladies ,
all vets categories ,
club teams male & female [3 to count]
Marshals will be withdrawn at 10.45 am

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

Name.....

Address.....

.....

.....

.....

.....

Post code.....

Minimum age 16 years on the day

club runners - £ 10.00 , Unattached £12.00

Entry on the day £ 3.00 extra

You can also enter on line at www.ukresults.net

Closing date for postal entries 24th January

cheques payable to Meltham AC

Numbers to be collected on the day

DO NOT ENCLOSE AN SAE !!

Club.....

Age on race day

official use only

Post to event secretary

Andy Whitworth

Try Cycling

9a North Road

Kirkburton

Huddersfield

HD8 0NX

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.....

from ukresults.net

Email ; trycycling@btconnect.com

Tel. 01484 607830 (day) 01484 646387 (eve)

If we are forced to cancel the race due to bad weather, we will reschedule the event to a later date.

Please tick this box if you do not wish to receive news of promotions and offers from Up & Running

www.runningshoes.co.uk

www.melthamac.com