HOUGHTON AND PETERLEE A.C.

Presents



10K Multi Terrain (10,346mts.) Sunday 3rd. September 2006. Starts at 11.00 am. HEADQUARTERS and START at HETTON LYONS COUNTRY PARK Hetton-le-Hole, Tyne and Wear.

Under UK Athletics Rules PERMIT No.548

Age 17 years or over on the day of the race

The one lap course is multi terrain using country paths and tracks. The starting and finishing at the picturesque Hetton Lyons country Park it is considered to be one the most scenic race in the North East.

PRIZES: -MORE PRIZES DEPENDING ON ENTRIES SPOT PRIZIES

First Six individuals men. First Three individuals Woman. Teams:- First teams only, first Four to count from any age group.

Otherwise not a prizewinner

First Senior man. Veteran man. Junior man. Senior woman and Veteran woman

RACE CONDITIONS: - The challenge trophy cannot be won outright and must be returned before next year's race. All entries will be entered by date of birth into their race category.

The Race promoter reserves the right to amend the prize list.

Race organizers shall not be held liable for any injury. Accident, damage or loss caused during the race meeting.

ENTRY FEES: - All entries to be on UK Athletics entry forms. No entry will be accepted without the proper fees. CLOSING DATE:- MONDAY 28th. August Entries after the closing date and Entries on the day will count for Individual prizes and team counters.

ENTRY FEE :- £4.50, UNATTACHED £6.50, ENTRIES ON THE DAY, £2.00 EXTRA

Cheques to be made payable to Houghton and Peterlee A.C. and sent to Mr. P.Dodsworth, 14 Balmoral Terrace, Grangetown, Sunderland Tyne and Wear. SR2 90G. Tel. 0191 5651158,

Email address:- dodsworth.14balmoral@ntlworld.com or www.handpac.com for prospectus

	START Fitness	ENTRY FORM	START Fitness		
Name	Date of	Date of birthAge Group			
Address					
Club		N of E AA Membership No			
I declare that I ag	gree to abide by the rule of con	mpetition under UKA ru	les and that I intend to take part in t	this event at my	

own risk

Signed:

Date:

For confirmation or numbers to be sent, please enclose a stamp-addressed envelope. (Indicate on the envelope "Numbers", "Confirmation" or "Results" in the in the top left corner