

MILLBROOK MONSTER 10k

Including the Junior Monster 4k Race (age 9-14)

Wednesday 30st July 19:30 Start

10k Multi-terrain race : UKA permit 2014-12096 : Min age 15 years on the day

Venue: Stayley Cricket Club, Oxford St, Millbrook, Stalybridge, Cheshire, SK15 3JJ. 400m from start.

Registration: Numbers to be collected on the day. Registration opens 18:00 & closes 19:15.

Facilities: Refreshments, Toilets, Changing Facilities, Limited Parking. **Free chip butty with entry fee**

Parking: Please park responsibly on side streets. Oak Gates and Besom lane car park not to be used.

Prizes: M & F 1,2,3 JM/JF and Vet Categories, FV35 to MV70. 1st Team Prize. Prizes for all juniors.

Entry Details: UKA £6, unaffiliated £8. (**£2 extra on the day, cash only**) Race Limit 250. £2 for Junior race.

Race details: <http://hydevillagestriders.org.uk/millbrook-monster>



Please complete form using capital letters. Keep top part and send in bottom part with your details on.

Name:	Club:
Address:	UKA Number:
Town/City:	PH:
County:	Post Code:
Email:	Gender:
Emergency Contact:	Age:
Emergency Number:	DOB:

Please tick the category in to which you fall

JM 15-19		M 20-39		M40		M45		M50		M55		M60		M65		M70	
JF 15-19		F 20-34		F35		F40		F45		F50		F55		F60		F65	

I declare that I am medically fit to run and understand that the organisers of this race will not be held responsible for personal damage, loss or injury incurred before, during or after the race. I am an amateur as defined by the UK Athletic rules. Parent/guardian to sign if U18.

Sign:	Date:	Fee:	Race No:
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Return Form to: Millbrook Monster, 88 Talbot Rd, Hyde SK14 4HH
Cheques Payable to: **Hyde Village Striders RC**

Closing Date for entries **Mon 28th July 2014**
If the race limit is reached there will be **NO** on the day entries.

Contact details: monster@hydevillagestriders.org.uk **Dominic:** 07828 108817