

WIGAN PHOENIX
THE STANDISH HALL TRAIL RACES
AUTUMN/WINTER 2015/16

(UNDER TRA RULES. PERMIT APPLIED FOR)

SATURDAY 31st OCTOBER 2015 and
SATURDAY 20th FEBRUARY 2016 at 2.30PM

DISTANCE - APPROX 10K

Course records:

Matt Moorhouse, Salford Harriers, 34.15; Lauren Howarth, Leigh Harriers, 37.04

REGISTRATION: BRITANNIA HOTEL, ALMOND BROOK RD, WN6 0SR (NEAR M6 J27)

Runners of all standards welcome

Bar and free results on the day.

The course is completely off road on bridle paths and woodland trails

PRIZES (Kindly sponsored by The Endurance Store)

1st 5 MEN, 1st 3 WOMEN + 1st JUNIORS (U20), 1st/2nd VET,
CLUB TEAM (4M/3W) & UNATTACHED TEAM PRIZES

PRE-ENTRIES (INC A5 SAE FOR MAP/NUMBER) BY 24.10.15/13.02.16 TO PAUL CARROLL, 21 PILGRIMS WAY, STANDISH, WIGAN, WN6 0AJ
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PRE-ENTRY FEES (PAYABLE TO WIGAN PHOENIX):

PER RACE £6 (£8 UNATTACHED) or

PRE-ENTER BOTH RACES BY 24.10.15 FOR £10 (£13 UNATTACHED)

ENTRIES ON THE DAY WELCOME - £7 (£9 UNATTACHED)

OR ENTER ONLINE (FEES APPLY) VIA

<http://www.runnersworld.co.uk>

<http://www.ukresults.net/2015cal.html>

<http://www.race-results.co.uk/results/2015/>

(Min age 15)

Email enquiries to paul.carroll@wiganphoenix.org.uk or phone 07950 074173.

Standish Hall Trail Race Oct/Feb/Both (please circle):

Name _____ Club _____

DOB _____ Vet category _____ M/F _____ UKA No _____

Address _____

Postcode _____ Signed _____ Date _____

Parental signature (for 15-17 year olds) _____

I am an amateur as defined by UKA/TRA rules. I agree to participate entirely at my own risk. I declare that I am medically fit to run & agree to be bound by UKA/TRA rules.