

NORTHERNBOYSLOVEGRAVY

Present the popular

GRAVY 6

(NOEAA Laws- permit applied for)



Supported by



148/150 MARKET STREET,
HYDE, CHESHIRE, SK14 1EX
TELEPHONE: 0161 366 9191

From Hadfield Community Hall, Hadfield, Glossop (SK13 1AR)
Sunday 22 July 2012, starting at 11am

Northernboyslovegravy are pleased to stage this popular off road, fast, flat, 6 mile race round the Longdendale valley, Hadfield. For more information on the race, please visit our website: www.nblg.co.uk

Extensive prize list to all runners, including team prizes and vets. (One prize per athlete will be awarded in the case of vets finishing in open positions) Well marshaled route, first aid, drinks and refreshment at the end of the race.

Entry fee: £7 unattached. £2 discount for attached athletes (£5), plus £1 extra on the day. Cheques payable to northerboyslovegravy. Minimum age 16. Course not suitable for wheelchairs.

Post your entry slip with cheque to: Paul Barrett, Gravy 6, 1 Ventnor Avenue, Sale, Manchester, M33 6LA no later than **13th July**. Numbers to be collected on the day from Hadfield Community Hall, from 9.45am onwards. Or enter online at www.ukresults.net

If you would like one of the infamous NBLG tee shirts- they will be on sale on the day.

Please print clearly- Entry form for The Gravy 6

Name.....DoB Age.....

Address.....

..... Tel

Club..... UKA reg. No.

Please tick category below.

JM		M		V40		V45		V50		V55		V60		V65		V70
JF		F		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 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)

<p>Race Number (Organiser record number here)</p>
