

NORTHERNBOYSLOVEGRAVY

Present the popular

GRAVY PUD

Sunday 2nd December 2012, 11am start

From The Bulls Head Pub, Tintwistle, SK13 1JY

Northernboyslovegravy are pleased to stage this popular off road fell race from Tintwistle Village taking in Lees Hill and Swallows Wood. 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: £5 in advance or £5 on the day. Teams free.

Post your entry slip with cheque made payable to northernboyslovegravy to: Andrew Jones, 9 Calico Crescent, Carrbrook, Stalybridge, Cheshire, SK15 3FL no later than **Tuesday 27th November 2012.** Numbers to be collected on the day from The Bulls Head Pub, Tintwistle

Please print clearly- Entry form for The Gravy Pud 2012

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)

Race Number
(Organiser record
number here)