

GOYT VALLEY STRIDERS

Presents the 4th

SHADY OAK TOUGH 10K

ROAD RACE

Run under UK:A Rules

Wednesday 13th May 2009 at 7:30pm

**A very scenic & testing single lap measured route on quiet country lanes with a 1³/₄ km section on rough track. Permit No: TBC
Race limit 150 (Not suitable for wheelchairs)**

Venue: Race Headquarters: Shady Oak Pub on Long Hill (A5004), Fernilee SK23 7HD, between Whaley Bridge and Buxton.
Parking at pub and on Long Hill. Toilets available inside pub.

Prizes: First Person under 35 Mins £50

Men: 1st, 2nd & 3rd + 1st MV40, 1st MV50, 1st MV60

Ladies: 1st, 2nd & 3rd + 1st FV35, 1st FV45, 1st FV55

Team: 1st Male, 1st Female 3 to count

Course Records: (M) Dave Norman (Altrincham) 36:11 (2008)

(F) Jane Clarke (Wilmslow) 44:27 (2006)

Only one prize per person. Memento to all finishers

Entries to: Shady Oak Tough 10k, 58 North Way, Hyde, Cheshire, SK14 1RU (Please enclose A5 S.A.E.) Postal closing date: 8/5/2008.

Cheques Payable to: Goyt Valley Striders

£5 E.A members £7 unattached runners (£1 Extra on the night) On the night registration from 6:00pm. Minimum age 16yrs on day of race.

Enquiries: Kevin Day - E-mail: gvsraces@tiscali.co.uk Tel: 07791 573254

www.goytvalleystriders.org.uk

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Cat: M MV40 MV50 MV60 F FV35 FV45 FV55

Race No: _____

(Official use only)



**ENTRY FORM FOR
Shady Oak Tough 10k
ROAD RACE 2009**



(Capitals)

Full Name: _____

Address: _____

Post Code: _____

Telephone: _____

E-Mail: _____

Gender: Male Female Please Tick Age

Affiliated Club: _____

E.A reg No Unattached Tick

I confirm I am an amateur as defined by the UK Athletics rules and understand that I will only take part in this race if I am fit to do so. I also accept other than the organiser's liability for causing death or personal injury by negligence, the organiser shall not be liable for any accident, injury, loss or damage I Suffer as a result of my participation in this event. I am at least 16 years of age.

Signed _____ Date _____