

East Cheshire Harriers and Tameside A.C.

Present the

Black Knight Challenge

6 Mile Trail Race

and 2 Mile Under 16's Race - Male/Female

Tuesday 13th July 2010 - 7.30pm

Start and Finish at Daisy Nook
in Basin Area, 400m from Visitors Centre
Please arrive early as start point is 15 minutes
walk from East Cheshire Harriers Headquarters

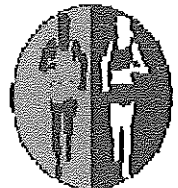
Entry Fee: £6.00 / U/A £8.00 / U/16 / £1.50
includes hotpot supper

Registration on the night at:
East Cheshire Harriers Headquarters,
Richmond Street, Ashton-under-Lyne, Lancs.

Prizes to: Men / Women / All Veterans

Supported By:

UP & RUNNING



Changing Rooms, Showers, Refreshments & Bar

Measured course, under UKA laws, permit Number

You are going to enjoy this challenging off-road race of 6 miles, in the most
beautiful surroundings of the Medlock Valley, following tracks and paths
around Daisy Nook, including hilly sections that loop around Park Bridge
before returning to Daisy Nook to the finish.

Cheques payable to: East Cheshire Harriers & Tameside A.C. Send entries with S.A.E. to:
Martin McGann, 1 County Avenue, Ashton-u-Lyne OL6 9RP. Tel: 0161 343 7063

Name M/F Age
Address
Club Race No NoEAA No

Declaration: I understand that the organisers
will not be held liable for any loss, injury or illness during the race.