

WIGAN PHOENIX

THE STANDISH HALL TRAIL RACES  
AUTUMN/WINTER 2018/19

(UNDER TRA RULES. PERMIT 2047/2048)

SATURDAY 20th OCTOBER 2018 and  
SATURDAY 23rd FEBRUARY 2019 at 2.30PM

DISTANCE - APPROX 10K      MINIMUM AGE - 16

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 (link below) is completely off road on bridle paths and woodland trails

<http://www.movescount.com/moves/move49505230#.VK7-SLiYGeU.email>

A Free Wigan Pie!



PRIZES (Kindly Sponsored by The Endurance Store)  
1<sup>st</sup> 5 MEN, 1<sup>st</sup> 3 WOMEN + 1<sup>st</sup> JUNIORS (U20), 1<sup>st</sup>/2<sup>nd</sup> VET,  
CLUB TEAM (4M/3W) & UNATTACHED TEAM(4M/W) PRIZES

PRE-ENTRIES (INC A5 SAE FOR MAP/NUMBER) BY 15.10.18/18.02.19 TO  
PAUL CARROLL, 21 PILGRIMS WAY, STANDISH, WIGAN, WN6 0AJ  
PRE-ENTRY FEES (PAYABLE TO WIGAN PHOENIX):  
PER RACE £6 (£8 UNATTACHED) or  
PRE-ENTER BOTH RACES BY 15.10.18 FOR £10 (£13 UNATTACHED)  
OR ENTER ONLINE (FEES APPLY) BY 17.10.18/20.02.19 VIA  
[https://bookitzone.com/paul\\_carroll\\_1/vY2FFX](https://bookitzone.com/paul_carroll_1/vY2FFX)  
<https://www.race-results.co.uk/onlineentries/user/login.php?raceid=3225>  
ENTRIES ON THE DAY WELCOME - £7 (£9 UNATTACHED)

Email enquiries to [paul.carroll@wiganphoenix.org.uk](mailto:paul.carroll@wiganphoenix.org.uk) or phone 07950 074173.

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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 16-17 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.