

HOUGHTON 11K TRAIL RUN

or **31K CYCLE**

.....also, **4K fun run**

.....or **14K cycle**



2009



All Saints Church

Sunday 25th April 2010

10.15 am Village Hall, Stevens Drove

Adults £7 Under 16 £3

Please make cheques payable to "PCC of Houghton" and send with SAE by 17th April to:
Fiona Evans, Westerby, Houghton, Hampshire, SO20 6LN

Entries on the day (£1 extra) Registration 9.00 am

This event is open to walkers/sprinters/joggers and cyclists

The courses are mainly off-road and not suitable for pushchairs or wheelchairs.

All proceeds go to The All Saints Church, Houghton.

www.houghton-trail-event.org.uk for details or contact Fiona 01794 389237, email fiona2.evans@talktalk.net

This event is supported by



HOUGHTON ALL SAINTS CROSS COUNTRY – SUNDAY 25TH APRIL 2010

Single/Group Entry Form

Mr/Mrs etc	Full Name	M / F	Age on 25/4/2010	(Please Select)			
				4K	11K	14K	31K

(extra forms can be downloaded from www.houghton-trail-event.org.uk Photocopies are accepted)

Where did you hear about this? Have you taken part before? Y/N

Name of Cycle/Running Club if applicable

I/we confirm that I/we agree to abide by the event rules and any decision taken by the organisers. I/we confirm that I/we have no medical disabilities which would endanger myself/ourselves or any others taking part.

Signed (on behalf of self/group) Address.....

.....
.....

Post Code: email Tel