

# HOUGHTON 11K TRAIL RUN

or 31K CYCLE

.....also, 4K fun run

.....or 14K cycle



2009



All Saints Church



## Sunday 25<sup>th</sup> 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

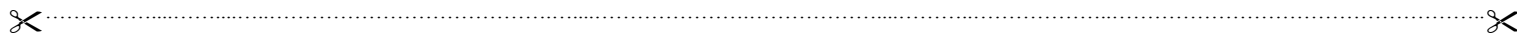
This event is open to walkers/sprinters/joggers and cyclists

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](http://www.houghton-trail-event.org.uk) for details or contact Fiona 01794 389237, email [fiona2.evans@talktalk.net](mailto:fiona2.evans@talktalk.net)

*This event is supported by*



## HOUGHTON ALL SAINTS CROSS COUNTRY - SUNDAY 25<sup>TH</sup> APRIL 2010

### Single/Group Entry Form

(please select)

RUN/WALK CYCLE

Mr/Mrs etc	Full Name	M/F	Age on 25/4/2010	RUN/WALK		CYCLE	
				4k	11k	14K	31K

(extra forms can be downloaded from [www.houghton-trail-event.org.uk](http://www.houghton-trail-event.org.uk) Photocopies are accepted)

Where did you hear/read about this? .....

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:.....

..... Tel .....