



once again present the annual

Tattenhall Tough Team Race

Friday evening 21 June 2019 at 7.15pm



A race for teams of 3 on and off road around Tattenhall & Burwardsley. About 9 miles.

Start and finish at Tattenhall Recreation Club, Field Lane, Tattenhall CH3 9QF.

Team time is based on 3rd finisher.

Entry per runner - £8 affiliated and £10 unaffiliated.

Entries on the day welcome, entry limit 100 teams.

Minimum age 17 years. UKA rules apply.

Refreshments available in the Recreation Club bar.

Modest prizes for the following:

1st, 2nd and 3rd place

Winning team in each of 6 categories:

ladies, men, mixed, lady vets, veteran men, mixed vets

For a team to qualify as veterans all team members must be aged 40+ on race day.

Suitable for entrants on foot only. No MP3 players or other personal audio devices please for everyone's safety. UKA licence number pending. Find running information at the Run Britain web-site: www.runbritain.com



Tattenhall Tough Team Race, Friday 21/6/19, Entry Form

Please send to: Emma Latham (TTR), Organsdale Farmhouse, Middlewich Road, Kelsall CW6 0SR

Please also:

- Make cheques payable to "Tattenhall Runners" (£8 per affiliated and £10 per non-affiliated runner)
- Provide an email address for acknowledgement of entry (in box below)
- Collect numbers from pre-entry desk on the day

Team name				
	Runners name	Club (or non-affiliated)	EA registration no.	Age (on 21/6/19)
Team captain				
Team member 2				
Team member 3				
email address for acknowledgement of entry				

Team category (please circle) Ladies Lady vets* Men Male vets* Mixed Mixed vets*

**For a team to qualify as veterans all team members must be aged 40+ on race day.*

Please read the following declaration and all 3 team members sign to indicate acceptance.

Declaration. I am an amateur under UKA rules and will take part only if fit to do so. I accept that the organisers shall not be responsible for any accident, injury, loss or damage as a consequence of my participation.

Signature

Signature

Signature