

HOUGHTON 11K TRAIL RUN

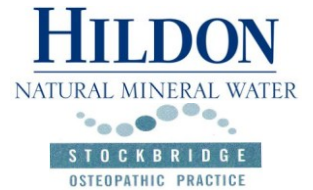


All Saints Church

or **31K CYCLE**

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

.....or **14K cycle or 5K cycle**



Sunday 19th April 2015

Starts: 10.15 am

Village Hall, Stevens Drove, Houghton, SO20 6LP

For full details about the event and how to enter please visit: www.houghton-trail-event.org.uk

Enter in advance or on the day.

Please send postal entries (with a clear email address) and cheque payable to 'PCC of Houghton' by 10th April to: Fiona Evans, Westerby, Houghton, SO20 6LN, Hampshire.

Adults £10

Under 16 £6

Registration for both postal entries and entries on the day from 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.

If you have any queries, please contact Fiona on 01794 389237, or email houghton.trail@gmail.com



HOBBS
THE PRINTERS



HOUGHTON ALL SAINTS CROSS COUNTRY – SUNDAY 19th APRIL 2015

Single/Group Entry Form

(Please Select)

Mr/Mrs etc	Full Name	M / F	Age on 27/4/2014	RUN/WALK		CYCLE		
				4K	11K	14K	31K	5K

Signed (on behalf of self/group) Address

..... Post Code: email Tel

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.