

IOUGHTON 11K TRAIL RUN

or **31K CYCLE**

.....also, **4K fun run**or **14K cycle or 5K cycle**



All Saints Church

Sunday 17 April 2016 Starts: 10.15 am Village Hall, Stevens Drove, Houghton, SO20 6LP

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

Enter in advance or on the day.

NEW! * You can now ENTER ONLINE via the Houghton Trail Website*. Alternatively please send postal entries (with a clear email address) and cheque payable to 'Houghton Village Trail' by 9th April to: Fiona Evans, Westerby, Houghton, SO20 6LN, Hampshire.

Adults £11 Under 16 £6 : Entries on the day £1 extra

Registration 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, and Village Hall Houghton.

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

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UP & RUNNING 🎲 Southampton

HOBBS THE PRINTERS

The Trophy Box

THE HOUGHTON TRAIL – SUNDAY 17th APRIL 2016 Single/Group Entry Form

	1			(Please Select)				
				RUN/WALK		CYCLE		
Mr/Mrs etc	Full Name	M / F	Age on 17/4/2016	4K	11K	14K	31K	5K
ned (on bel	half of self/group)		Address .				•••••	
Post Code: email								
here did you hear about this?			Have you taken part before? Y/N					
me of Cvc	le/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.