



Sedbergh Wanderers Football Club Proudly Presents  
the first running of  
The Lune Valley & Howgill 10 Mile Road Race

Sunday the 5th July 2009—1pm Start

## *Lune Valley & Howgill 10 Mile Road Race*

The Lune Valley 10 mile road race starts and finishes at the town's Havera football field. The route is one of the most scenic road races in England, taking in parts of the Lune Valley and passing through Howgill, Lowgill and Firbank hamlets where the undulating, virtually traffic free single lane road will test the best and most fun loving of road runners. Registration for the race will open at approximately 11.30am in the People's Hall.

### **OVER £900's WORTH OF PRIZES!!!!**

- **Race Winner Male and Female** £100 plus trophy
- Runner Up Male and Female £50 plus trophy
- 3<sup>rd</sup> Place Male and Female £30 plus trophy
- 4th Place Male and Female £20
- 5th Place Male and Female £15
- 1st Over 60's Male and Female £25
- 1st Over 50's, 40's, 30's and 20's Male and Female £20
- 1st Under 20's Male and Female £20
- 1st Local Male and Female £15
- **Raffle after race—race numbers in a hat and number picked wins £60!!!!!!!**

1st Male and Female Team Prize (3 to count) wins £50 in vouchers

1st Male and Female to halfway (must complete race) wins £20

Strictly only one prize per athlete for individual competition.

**Send cheques to Ben Close, Service Garage, Station Road, Sedbergh, Cumbria, LA10 5HJ.**

£10 Entry for club Runners. £12 Entry for unattached runners. Postal Entries by 24th June. £12 and £14 if entering on the day. Minimum age 16. Free Food to all Competitors. Free After Race Refreshments.

Parking Available. Changing Facilities. Showers. Fully Marshaled Course. Mile Markers. Car Boot on the day.

Sedbergh is situated at the South end of the Howgill Fells and can easily be reached from Junction 37 on the M6, then follow along the A684 into Sedbergh turning left onto Howgill Lane for another 200 yards

Contact: Ben Close on  
07792873251  
E-mail:  
philneville12@hotmail.com



Entry form available on  
[www.ukresults.net](http://www.ukresults.net)

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# Lune Valley & Howgill 10 Mile Road Race

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£10 Entry for club Runners. £12 Entry for unattached runners. Postal Entries by 24th June. £2 extra on day.

## THE LUNE VALLEY/HOWGILLS 10 MILE ROAD RACE ENTRY FORM

Forename ..... Surname.....

Club .....

Address.....

.....

.....

Postcode..... Age on Race Day.....

Sex M/F ..... Category (E.g Over 40).....

E-mail.....

Signature .....

I participate in this race at my own risk and agree that the organisers will not be held responsible for any injuries sustained or loss of property. I am medically fit to run.



In association with Sedbergh School  
[www.sedberghschool.org](http://www.sedberghschool.org) Tel: 015396 20535