



The viaduct just after halfway.

Sedbergh Wanderers Football Club Proudly Presents
The Lune Valley & Howgill 10 Mile Road Race

Sunday the 11th July 2010—10.45am 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 8.45am in the People's Hall.

OVER £700's WORTH OF PRIZES!!!!

- **Race Winner Male and Female** £75's worth of vouchers plus trophy
 - **Runner Up Male and Female** £55's worth of vouchers plus trophy
 - **3rd Place Male and Female** £40's worth of vouchers plus trophy
 - **4th Place Male and Female** £30's worth of vouchers
 - **1st Over 60's Male and Female** £25's worth of vouchers
 - **1st Over 45's, over 30's and over 18's male and female** £20' s worth of vouchers
 - **1st Local Male and Female** £15's worth of vouchers
 - **Raffle after race—race numbers in a hat and number picked wins £40!!!!!!!**
 - **Anyone breaking the course record of 58 mins 59 secs wins £30!!!!**
- 1st Team to have 3 Male and 3 Female finishers wins £100 in vouchers
Strictly only one prize per athlete for individual competition.

Send cheques to **Ben Close, 25 Woodside Avenue, Sedbergh, Cumbria, LA10 5EY. Cheques made payable to Sedbergh WFC. Please also send a SAE.**

£10 Entry for club Runners. £12 Entry for unattached runners. Postal Entries by 30th June. £12 and £14 if entering on the day. Minimum age 18. Free Food to all Competitors. Free After Race Refreshments.

Parking Available. Changing Facilities. Showers. Fully Marshaled Course. Mile Markers. 3 water stations situated at 3, 5 and 8 miles. Car Boot on the day.

<http://www.sedbergh.org.uk/>

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:
Ben.close@hotmail.co.uk



Crook 'o' Lune bridge—6 miles into race

Entry form available on
www.ukresults.net

[Www.realbuzzrunbritain.com](http://www.realbuzzrunbritain.com)

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Lune Valley & Howgill 10 Mile Road Race

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THE LUNE VALLEY/HOWGILLS 10 MILE ROAD RACE ENTRY FORM

Forename..... Surname

Club..... Telephone

Address

Postcode..... Age on Race Day

Sex M/F..... E-mail

Car parking required? (Yes/No) Directions to Sedbergh Required? (Yes/No)

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.

Signature 