

PENSBY RUNNERS CHALLENGE YOU TO TAKE ON THE

# TUFFNUTZ!

UK Athletics permit no:

A TEAM ENDURANCE RACE OF 11 MILES  
BASED AT THURSTASTON COUNTRY PARK  
ON SUNDAY, MARCH 8TH, 2009

Teams of **three** will start at intervals  
commencing at **11.0 am**

Categories: Open, Ladies, Mixed, Veteran  
Teams must start and finish together.

Various **TuffTasks** will be encountered  
to tax your body, your brain and your will.

Trophies & cash prizes for category winners.

**Entry Fee: £10.00 per person**

(£12 for unaffiliated runners includes £2 levy)

Includes goody bag and **TuffNutz** T shirt

**Entries close February 15th**

Limited to **30 Teams** so enter early.

For Race Information Pack and Entry Form send a S.A.E. to  
Race Director, 24 Hillview Road, IRBY, Wirral. CH61 4XH

or by email from: [roy@pensbyrunners.co.uk](mailto:roy@pensbyrunners.co.uk)

or from the **TuffNutz** link on the Pensby Runners website  
[www.pensbyrunners.co.uk](http://www.pensbyrunners.co.uk)

**Water,**

**Steps,**

**Hills**

**and**

**Mud**

**all**

**Guaranteed!**