



# Harlow Running Club

Present the Club's 21<sup>st</sup> Anniversary

## Harlow 10

MILE ROAD RACE\*

Incorporating the Essex County Championship

### Sunday 25th July 2010

*Race limit 600*

\*A fast, gently undulating course on quiet country lanes and traffic free cycle tracks.

Starting at 9.30am near Mark Hall Sports Centre, London Road, Harlow CM17 9LR, with ample changing and showering facilities, car parking

#### Harlow 10 PRIZES

**All finishers** receive a T-Shirt

**Male:** 1st-5th; 1st-3rd V40; 1st V50, V60;  
1st-2nd Team (4 to score)

**Female:** 1st-5th; 1st-3rd V35; 1st V45, V55, V65; 1st -2nd  
Team (4 to score)

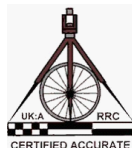
<http://www.thehrc.org.uk/harlow10>

*Under uk:athletics  
rules*

*SEAA permit  
Nos. tbc*

*B.A.R.R. Bronze Graded  
Event*

**ST CLARE  
HOSPICE**



Pre-entries to be received by 12<sup>th</sup> July 2010. Any entries after this date are charged as entry on the day. Only entries received before this will assure return of numbers and details before the race day. All others will require collection from Race HQ on race day. Minimum age limit: Runners must be at least 17yrs of age on 25th July 2010 to compete.

Send completed form, payment and SAE to: **Harlow 10, 119 Jocelyns, Harlow, Essex, CM17 0BX.** Cheques payable to: **Harlow Running Club.**

Online (credit card) entry via **[www.runnersworld.co.uk/events](http://www.runnersworld.co.uk/events)**.

**Pre-entry:** £10 affiliated, £12 unaffiliated  
**Entry on the day:** £13 affiliated, £15 unaffiliated  
**PLUS £1 for Essex County Championship (not on day)**

Race No.

Official use only

First name.....Surname.....

Address:.....

Postcode:..... Email:.....

Contact Number:.....

Date of Birth:..... Age on Race Day:.....

Gender: Male / Female Club:.....

Affiliated to UKA? Yes / No UKA Number \_\_\_\_\_

Team name if different:.....

Estimated Finish Time\*:.....

**\* N.B. There will be a time limit of 2 hours for this year's race after which marshals may be withdrawn from the course.**

**Please indicate T-Shirt size**  S  M  L  XL

#### DECLARATION:

I declare that: I agree to abide by the regulations governing the event and to obey the directions of police and marshals. I understand that I enter this race at my own risk and I will not hold the organisers responsible for any loss or injury resulting from my participation. Furthermore, I will only compete if I am fit and well. N.B. No accompanying dogs or following cycles allowed.

I enclose a large SAE and a cheque, payable to Harlow Running Club, to the value of £ \_\_\_\_\_

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

If you have a medical condition that you wish to advise the race organisers of, tick here  and list overleaf or on a separate sheet.

**Data Protection:** If you agree that your details may be passed on to a third party, including other running related organisations tick this box: