



Harlow Running Club

Present the Club's 23rd Anniversary

Harlow 10

MILE ROAD RACE*

Sunday 22nd July 2012, start at 9.30am.

Race limit 600

Memento to all finishers

A fast, gently undulating course on quiet country lanes and traffic free cycle tracks. With chip timing. Race HQ: Mark Hall Sports Centre, London Road, Harlow CM17 9LR. There is ample changing and showering facilities plus car parking.

Harlow 10 Prizes

Male: 1st-3rd; 1st V40; 1st V50; 1st V60; 1st V70; 1st Team (3 to score)
Female: 1st-3rd; 1st V35; 1st V45; 1st V55; 1st V65; 1st Team (3 to score)

Runners may win no more than one individual prize.

Pre-entry: £12 affiliated, £14 unaffiliated.
runbritain.com please add an extra £1. Runners world charge additional charges (Entries will only be accepted on the day if the race limit has not been reached.)

Entry on the day: £15 affiliated, £17 unaffiliated. Entries via

Closing date for pre-entries: 14th July 2012.

All numbers and timing chips must be collected from Race HQ on race day between 7.30am and 9am.

Minimum age limit: Runners must be at least 17 years of age on 22nd July 2012 to compete.

Regretfully, the course is unsuitable for wheelchair athletes.

<i>Under uk:athletics rules</i>		<i>UKA permit No.2012- 103756</i>		<i>B.A.R.R. Bronze Graded Event</i>
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<http://www.thehrc.org.uk/harlow10.htm>

<http://www.fastfeet.co.uk/>



New Spitalfields Market
Leyton London E10



First name..... Surname.....
Address:.....
.....Postcode:.....
Telephone Number:..... Mobile Number:.....
Email:.....
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:.....

(There is a time limit of 2½ hours, after which marshals may be withdrawn from the course.)

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.

For safety reasons, headphones should NOT be worn. Runners who do so, may be disqualified.

No accompanying dogs or following cycles allowed.

If I am unable to run for any reason or if the event is cancelled by circumstances beyond the control of the race organisers, I understand, and accept, the rules and terms of the entry including that there will be no refund of race fees.

If you have a medical condition that you wish to advise the race organisers of, tick here and list 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:

Signed _____ Dated _____

Send completed form and payment to: **Harlow 10, 30 Coalport Close, Church Langley Harlow, Essex, CM17 9QA.** Cheques payable to: **Harlow Running Club.** Online (credit card) entry via www.runnersworld.co.uk/events or www.runbritain.com/onlineentry/

Race No.
Official use only