



Harlow Running Club

Present the Club's 27th Anniversary

Harlow 10

MILE ROAD RACE

Sunday 4th September 2016, start at 10.00am.

Race limit 600 – Memento to all finishers

A fast, gently undulating 10 mile course on quiet country lanes and traffic free cycle tracks.
Race HQ: Mark Hall Sports Centre, London Road, Harlow CM17 9LX. 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)

1st Male and Female Harlow resident Prize.

Runners may win no more than one individual prize.

Pre-entry: £15 affiliated, £17 unaffiliated. **Entry on the day:** £17 affiliated, £19 unaffiliated. Online entries ONLY via runbritain.com an extra 50p will be added. (Entries will only be accepted on the day if the race limit has not been reached.)
Closing date for postal pre-entries: 26th August 2016.

NUMBER TO BE COLLECTED ON THE DAY FROM RACE HQ BETWEEN 8.00 – 9.45

You will NOT be sent anything in the post

*Minimum age limit: Runners must be at least 17 years of age on 4th September 2016 to compete.
Regretfully, the course is unsuitable for wheelchair athletes.*

Under uk:athletics rules	UKA permit No 2016-25955	B.A.R.R. Bronze Graded Event
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<http://www.thehrc.org.uk/Harlow10.htm>



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(There is a time limit of 2½ hours, after which marshals may be withdrawn from the course.)

Some car parking will be available at Mark Hall School BUT please note that you will NOT be able to leave the car park until at least 12.15 p.m. Alternative parking will be made available asap.

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 **MUST NOT** to be worn. Runners who do so, will 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 _____

If you are under the age of 18 you must have a parent or guardian's signature.

Send completed form and payment to: **Harlow 10, 51 Highland Road, Nazeing, Waltham Abbey, Essex, EN9 2PU.** Cheques payable to: **Harlow Running Club.** Online (credit card) entry via www.runbritain.com/onlineentry/

Race No.
Official use only