



Harlow Running Club

Present the club's 20th Anniversary

Harlow 10

MILE ROAD RACE*

Sunday 26th July 2009

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

Starting at 9.30am near Mark Hall Sports Centre, First Avenue, Harlow, with ample changing and showering facilities, car parking

Harlow 10 PRIZES

Finishers T-Shirt

Male: 1st-5th; 1st-3rd V40; 1st V50, V60, V70; 1st-2nd Team (4 to score)

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

Under uk:athletics | SEAA permit | B.A.R.R. Bronze Graded
rules | No.20090362 | Event



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



Pre-entries to be received by the 13th July 2009. 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 26th July 2009 to compete

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

Online (credit card) entry via www.runnersworld.co.uk/events.

Pre-entry: £9.00 affiliated, £11 unaffiliated

Entry on the day: £12.00 affiliated, £14 unaffiliated

First name.....Last Name.....

Address:.....

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

Contact Number:.....

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

Competitors must be 17 or over

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** N.B. There will be a time limit of 2 hours for this year's race after which marshals may be withdrawn from the course.*

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 wish for your details to be passed on to a third party, including other running related organisations tick this box:

