

Harlow Running Club

Present the 9th

Ladies 5K Series



ROAD RACE*

Race 1: Tuesday 4th May 2010

Race 2: Tuesday 18th May 2010

Race 3: Tuesday 8th June 2010

*Undulating 5km course on mostly traffic free cycleway

7:30pm start for each race

SERIES PRIZES (Best two races to count):

1st Junior - Senior – V35 – V40 – V45 – V50 – V55 – V60 – V65 – 1st Team (3 to score, at least 1 to be over 19yrs)

There are no prizes for individual races.

Starting near Mark Hall Sports Centre, First Avenue, Harlow, CM17 9LR

with ample changing and showering

facilities, car parking

Under uk:athletics rules – SEAA permit Nos. tbc



News and course details can be found on the Harlow Running Club's website, www.thehrc.org.uk

Pre-entry:- Series entry: **£9** (affiliated), **£15** (unaffiliated) for all three races

Individual race entry: **£3** (affiliated) **£5** (unaffiliated) for each race.

Entry on the day:- Series entry: **£12** (affiliated), **£18** (unaffiliated) for all three races

Individual race entry: **£4** (affiliated), **£6** (unaffiliated) for each race

Pre-entries to be received by Tuesday 27th April 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.

All entries are eligible for all series prizes.



Cheques payable to **Harlow Running Club.**

Send with signed entry form and large SAE (for number and race details).

Ladies 5k Series, 33 Latton Green, Harlow, CM18 7ER

Surname:		First Name:		Official use					
Address:									
								Postcode:	
Date of Birth		Telephone No.							
If affiliated state running club									
Signature		Email							
						I understand that the organisers will no way be held responsible for any injury, illness or loss of property incurred as a result of my participation in the event.			
Please tick the race/s you intend to take part in:				Race 1	Race 2	Race 3			
Please tick age group	Junior	Senior	V35	V40	V45	V50	V55	V60	V65
Total amount enclosed:									

Minimum age limit: Runners must be at least 13yrs of age on the 31st August 2009 to compete.