

**“IT’S AS EASY AS A-B-C” - FOR THE FINAL TIME!**  
**(but we’ll be back - keep the date free for 2015!)**  
**APPERLEY BRIDGE CANTER**

**Approximately 10K multi terrain race organised by Horsforth Harriers**

**PLEASE NOTE: Due to canal path repairs, revised route for 2014**

**THURSDAY 22nd MAY 2014**

**STARTING AT 7.30 pm from Woodhouse Grove School,  
 Apperley Bridge, Bradford BD10 0NR**

Run under UKA rules, on tracks, paths, canal towpath with a bit of road.  
 Race Permit applied for. Minimum age 16 years. Race Limit 500.

**Category prizes\*. Memento/prize to all finishers**

**Prizes\*: Top 3 in both ‘Open’ categories and one in each Vet age category, male and female.  
 (subject to entry). \*Maximum of one prize per entrant.**

**ENTRY FEES: £8.00 (£10.00 unattached) and £1.00 extra on the day**

Postal entries to: Race Secretary, ABC, 5 St. Clair Street, Otley, West Yorkshire LS21 1HZ  
 Enquiries to: [runr.h.harriers@hotmail.com](mailto:runr.h.harriers@hotmail.com)

Online entry at [www.runnersworld.co.uk/ABC2014](http://www.runnersworld.co.uk/ABC2014) and via [www.ukresults.net](http://www.ukresults.net)  
 or download an entry form from [www.horsforthharriers.co.uk](http://www.horsforthharriers.co.uk)

**Closing dates: postal entries: 19th May 2014, online entries 20th May 2014**  
*(entries available on night subject to race limit being reached).*

Please send completed form together with cheque made payable  
 to **Horsforth Harriers. NO S.A.E. REQUIRED - COLLECT NUMBER FROM  
 RACE HQ BETWEEN 6.00 - 7.15 pm**



Part of Leeds Race Series 2014.   
 To enter series go to: [www.leedsathletics.net](http://www.leedsathletics.net)

**NAME** .....

(Please tick appropriate box)

**ADDRESS** .....

**POSTCODE** .....

**E-MAIL** .....

**D.O.B.** .....

**E.A. REG No.** .....

**CLUB** .....

Male		Female	
Open		Open	
Vet 35		Vet 35	
Vet 45		Vet 45	
Vet 55		Vet 55	
Vet 65		Vet 65	

**SEX: Male / Female** (circle as appropriate)

**RACE ENTRY FEE ENCLOSED £** .....

I hereby declare that I am an amateur as defined by England Athletics rules. I am medically fit to run and understand that the organisers will in no way be held responsible for any injury or illness to my person as a result of the event, or for any loss of property.

**For official use only**

Signed: .....

Date: .....