# "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

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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 ONR

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** 

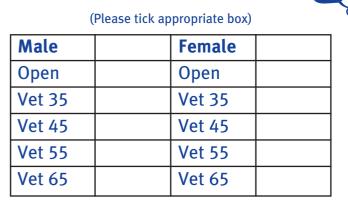
Online entry at **www.runnersworld.co.uk/ABC2014** and via **www.ukresults.net** or download an entry form from **www.horsforthharriers.co.uk** 

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

NAME	 	 
ADDRESS		
POSTCODE		
E-MAIL		
D.O.B.		
E.A. REG No.		
CLUB		



#### 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.



Signed:

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Date:

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