

# Horsforth Harriers present the HORSFORTH 10K

Supported by



Raising funds for our nominated charity



## SUNDAY 5TH OCTOBER 2014

**3.00 pm - PLEASE NOTE NEW TIME!**

Woodhouse Grove School, Apperley Bridge, Bradford BD10 0NR.

Run on road, canal towpath and playing fields under UKA rules.

UKA Permit applied for. Minimum age 16 years. Race Limit 500.

**A technical T-shirt to all finishers.**

**Cash Prizes: Top 3 in both 'Open' categories and one in each Vet age category, male and female.**

**Team prizes (four to count) to 1st male team and 1st female team.**

**ENTRY FEES: £10.00 (£12.00 unattached) and £2.00 extra on the day (subject to race limit)**

Please send completed form together with cheque made payable to **Horsforth Harriers**

to: Race Secretary, Horsforth 10K, 5 St. Clair Street, Otley, West Yorkshire LS21 1HZ

**CLOSING DATE for postal entries: 28th September 2014**

Online entry at [bookitzone.com](http://bookitzone.com) or download an entry form from [www.horsforthharriers.co.uk](http://www.horsforthharriers.co.uk)

Enquiries to: [runr.h.harriers@hotmail.com](mailto:runr.h.harriers@hotmail.com)

**Collect your number from Race HQ on the day - no need for reply envelope!**



*The Horsforth 10K is part of the Leeds Athletics Network 2014 Race Series, comprising up to 18 races in Leeds from 1 miles to 10 miles. The Series is open (free of charge) to all Leeds residents, also to all members of Leeds Athletics/Running clubs affiliated to UK Athletics. For more details see [www.leedsathletics.net](http://www.leedsathletics.net)*



FIRST NAME .....

SURNAME .....

ADDRESS .....

POSTCODE .....

D.O.B. .... SEX: Male / Female

EA REG No. ....

CLUB .....

DONATION TO OUR CHARITY .....

RACE ENTRY FEE ENCLOSED .....

TOTAL AMOUNT ENC .....

(Please tick appropriate box)

	Male	Female	
Open		Open	
Vet 35		Vet 35	
Vet 40		Vet 40	
Vet 45		Vet 45	
Vet 50		Vet 50	
Vet 55		Vet 55	
Vet 60		Vet 60	
Vet 65		Vet 65	

Prizes dependent on final entry numbers. Competitors may win a maximum of one prize only.

E-MAIL .....

I hereby declare that I am an amateur as defined by UKA 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: .....

Date: .....

Official Use Only

# HORSFORTH 10K