



EAST HULL HARRIERS & A C

Present the annual

EAST HULL 20

Sunday 20 March 2016 at 10.00 am

Under UK Athletics Rules - Licence applied for



G. F Smith
(1885)
Onward

- Fully marshalled and mile markers
- Registration East Hull Harriers & A C clubhouse, Saltshouse Road, Hull. HU8 9HF
- Refreshments, car parking
- Male and female changing facilities, showers.
- No refund of entry fee
- **Entry closing date - Wednesday 9 March 2016**
- Late entries will not be eligible for prizes
- Commemorative vest to all finishers
- **No entries on the day. Race limit 600.**
- **Minimum age 18 years**
- Time limit 4 hour 30 minutes
- Extensive prize list for Men, Ladies, Masters & teams
- No exchange of numbers
- Race numbers to be collected at Registration
- Disabled athletes - please contact Race Director

A fast flat course accurately measured for RRC standards. Please note - sections of the course include the old railway track which is inaccessible to motor vehicles.



MEN'S VEST

Size	XXS	XS	S	M	L	XL	XXL	XXXL
Chest (ins)	32	34	36	38	40	42	44	46

WOMEN'S VEST

Size	XXS	XS	S	M	L	XL	XXL	XXXL
Chest (ins)	30	32	34	36	38	40	42	44

Entry fees: UKA members £20.00, Non UKA £22.00

Postal entries to: **Brian and Pauline Jennison, 25 England Road, Bilton, Hull. HU11 4HT**

Cheques made payable to East Hull Harriers & A C

On line entry at <http://www.bookitzone.com> (+ £1.80 bookitzone admin fee)

Entry enquiries - Brian & Pauline Jennison, tel: 01482 812138; email: ehh20@bandpiennison.karoo.co.uk

Race Director: Nigel Sisson, telephone 07976 979826



EAST HULL '20'

Please enter me for the 'EAST HULL 20' - Sunday 20 March 2016.

I am medically and physically fit to run and understand I enter at my own risk. The organisers will not be held liable for any injury, loss or illness however occasioned from the event.

Name:

Address:

Postcode: Tel No:

Date of birth:

D	D
<input type="text"/>	<input type="text"/>

M	M
<input type="text"/>	<input type="text"/>

Y	Y
<input type="text"/>	<input type="text"/>

 Males Females Vest size

Must be 18 years or over on 20/03/2016)

UKA Club: Competitor licence no:

Unattached: Email address:

I enclose my entry fee. Total amount enclosed: £ (£20.00 UKA, £22.00 non UKA)

Signed:

Visit www.easthullharriers.com after Friday 11 March 2016 for a full list of competitors.