



EAST HULL HARRIERS & A C

Present the annual

EAST HULL 20

Sunday 22 March 2015 at 10.00 am

Under UK Athletics Rules - Licence applied for



The Ideal 'warm up' for the London Marathon

Sponsored by

HUMBER RUNNER and G.F. SMITH (LONDON) LTD

- 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 11 March 2015**
 - Late entries will not be eligible for prizes
- 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.
- Commemorative gift to all finishers
 - **No entries on the day. Race limit 500.**
 - **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

Entry fees: UKA members £19.00, Non UKA £21.00

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 and Pauline Jennison, tel: 01482 812138; email: ehh20@bandpjennison.karoo.co.uk

Race Director: Nigel Sisson, telephone 01964 671290



EAST HULL '20'

Please enter me for the 'EAST HULL 20' - Sunday 22 March 2015.

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 M M Y Y

Date of birth: MALE FEMALE (Please tick)
(Must be 18 years or over on 22/03/2015)

UKA Club:

Competitor licence no:

Unattached: Email address:

I enclose my entry fee. Total amount enclosed: £ (£19.00 UKA, £21.00 non UKA)

Signed:

Visit www.easthullharriers.com after Friday 13 March 2015 for a full list of competitors.