



EAST HULL HARRIERS & A C

Present the annual

EAST HULL 20

Sunday 9 March 2014 at 10.00 am

Under UK Athletics Rules - Licence number 2014-9985



The Ideal 'warm up' for the London Marathon

Sponsored by

Humber Runner • KWL Construction and Maintenance • Cape Verde Travel

- 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 26 February 2014**
 - Late entries will not be eligible for prizes
 - 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
- 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.

Entry fees: UKA members £18.00, Non UKA £20.00

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.ukforms.net> / <http://www.bookitzone.com> (+ £1.80 admin fee)
Enquiries - Brian and Pauline, telephone 01482 812138; email ehh20@bandpiennison.karoo.co.uk



EAST HULL '20'

Please enter me for the 'EAST HULL 20' - Sunday 9 March 2014.

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

 MALE FEMALE (Please tick)
(Must be 18 years or over on 09/03/2014)

UKA Club: Competitor licence no:

Unattached: Email address:

I enclose my entry fee. Total amount enclosed: £ (£18.00 UKA, £20.00 non UKA)

Signed:

Visit www.easthullharriers.com after Friday 28 February 2014 for a full list of competitors.