

SEPTEMBER 18TH

**HARROGATE
HARRIERS & A.C.**

The Harrogate Haverah

TRAIL RACE



Harrogate Harriers & A.C.
present the first



HARROGATE HAVERAH TRAIL RACE

Sunday 18th September 2016 at 10.00am
Permit E328

The race is based at Beckwithshaw Cricket Club and follows trails and footpaths from Beckwithshaw to Norwood taking in Haverah Park, Beaver Dyke Reservoirs and John O'Gaunts Castle and is approximately 10 miles in length.

The scenic course will be well marshalled and flagged, no navigation skills required. The race is open to everyone over the age of 18. Due to livestock in fields runners cannot run with dogs. Following UKA direction, runners will not be permitted to run with iPod, MP3 players or any similar device.

Free food and bar (not free) afterwards at the Cricket Club

ENTRY FEES: £12.00 Affiliated runners
(Registered UK Athletic Club Members)
£14.00 Unaffiliated runners
Entries on the Day: All £16.00

ENTRIES TO: Race Secretary, 17 Stonecrop Avenue
Killinghall, Harrogate HG3 2WS

Cheques payable to: HARROGATE HARRIERS & AC
Collect race numbers at the Cricket Club on the day

Closing date for postal entries is 12th September 2016

ENTER ONLINE: www.harrogate-harriers.co.uk

PLEASE COMPLETE IN BLOCK LETTERS

I wish to enter the Haverah Trail Race, and hereby declare that I am an amateur as defined by the U.K.A. laws and I certify that I agree that the organisers cannot be held responsible for any loss of property, injury or illness incurred to my person during or as a result of my participating in the race referred to on this entry form. I understand my entry details may be stored in the entry computer.

Surname Forename

Email

Address

.....

..... Postcode

Phone Male/Female

Date of Birth Age on Race Day Estimated Time

EAA Registration Number & Name of UKA Affiliated Club

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Entry Fee £ Signed Date