

HOLME²⁰¹⁹ HOWLER

& MINI HOWLER

EXTREME OBSTACLE RACE

SAT 13 JULY

START 11AM

£20 TO ENTER OVER 16'S ONLY

25+ OBSTACLES

PRIZES FOR THE HOWLER

**1st three Males & Females
1st Mixed Team, 1st all Male
Team, 1st all Female Team**

Medal - Goody Bag

TEAMS OF 6+ CAN ENTER

**TOP 4 PLACED WILL COUNT
TOWARDS OVERALL TEAM TIME
TEAMS OF 6+ DISCOUNTED TO
£18 PER RUNNER**

MINI HOWLER

START 12.30PM

**A RACE WITH SMALLER OBSTACLES
FOR CHILDREN OF ALL AGES
£3.00 TO ENTER, ALL FINISHERS
RECEIVE A MEDAL**

@holmehowler



www.holmehowler.co.uk



HOLME HOWLER ENTRY FORM

Name: _____

Team Name: _____

Address: _____

Age: _____ **D.O.B** _____

Email: _____

Club: _____

Sign: _____ **M/F** _____

I declare that I am an amateur as defined by UK Athletics Rules, I certify that I am fit to run the above event and understand that the organisers will in NO WAY be held responsible for any injury or loss/damage of my property during the event.

Would you like a T-Shirt? T-Shirts are charged at £5.00 each, please tick a T-Shirt Size if you would like a Holme Howler T-Shirt and add it to your entry fee.

SML MED LRG XL

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Entry Fee: _____

T-shirt Fee: _____

Total: _____

Entries to: Liam Baxter, c/o The Smithy Inn, Milnthorpe Rd, Holme, or in person at Lime Tree Stores, Milnthorpe Road, Holme LA6 1PS.

Enter online at www.holmehowler.co.uk or www.shoestringresults.co.uk

Cheques payable to "Holme Festival of Sport"

Contact us: Sally 07798 338802 salburrow23@gmail.com