

# HORSFORTH 10K

This year raising funds for our nominated charity

Supported by



**West Yorkshire  
Multiple Sclerosis  
Therapy Centre**



with additional support from



## SUNDAY 27<sup>TH</sup> SEPTEMBER 2009

**STARTING AT 10.00 am from Woodhouse Grove School, Apperley Bridge, Bradford.**

Run on road and canal towpath.

**Category prizes. EA Permit 20090230. Minimum age 16 years. Race Limit 600.**

**A quality T-shirt to all finishers.**

**Prizes: Top 3 in both 'Open' categories and one in each Vet age category, male and female.**

**ENTRY FEES: £8.00 (£10.00 unattached) and £1.00 extra on the day**

All entries to: Race Secretary, 2 Victoria Avenue, Horsforth, Leeds LS18 4PY

Enquiries to: [race@horsforthharriers.co.uk](mailto:race@horsforthharriers.co.uk) Online entry at [www.runnersworld.co.uk/horsforth10k](http://www.runnersworld.co.uk/horsforth10k)

Download an entry form from [www.horsforthharriers.co.uk](http://www.horsforthharriers.co.uk)

Please send completed form together with cheque/postal order made payable to **Horsforth Harriers** with a stamped self addressed 9" x 6" envelope

**CLOSING DATE for postal entries: 20th September 2009**



(Please tick appropriate box)

FIRST NAME .....

SURNAME .....

ADDRESS .....

POSTCODE .....

D.O.B. .... SEX: Male / Female

EA REG No. ....

CLUB. ....

DONATION TO OUR CHARITY .....

RACE ENTRY FEE ENCLOSED .....

**TOTAL AMOUNT ENC** .....

I hereby declare that I am an amateur as defined by UK Athletics rules. I am medically fit to run and understand that the organisers will in no way be held responsible for any injury or illness to my person as a result of the event, or for any loss of property.

Signed: .....

	Male	Female	
Open		Open	
Vet 35		Vet 35	
Vet 40		Vet 40	
Vet 45		Vet 45	
Vet 50		Vet 50	
Vet 55		Vet 55	
Vet 60		Vet 60	
Vet 65		Vet 65	

Prizes dependent on final entry numbers

**Where did you pick up this entry form?**

E-MAIL .....

**Official Use Only**

Date: .....