

HORSFORTH 10K

This year raising funds for our nominated charity

More than a quarter of a million people in the UK have problems with speaking, reading, writing or understanding language. This communication disability is caused by damage to the language centres of the brain. It can come as the result of a stroke, head injury, brain tumour or other neurological illness. It should be noted that intellect is rarely affected.



Rebuilding Communication

Supported by



with additional support from



www.upandrunning.co.uk

SUNDAY 26TH SEPTEMBER 2010

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

Run on road and canal towpath under UKA rules.

UKA Permit 2010-0099. 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, 81 Broadgate Walk, Horsforth, Leeds LS18 4HB

Enquiries to: runr.h.harriers@hotmail.com Online entry at www.runnersworld.co.uk/horsforth10k and via www.ukresults.net or download an entry form from 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" (A5) envelope - if bigger, don't forget to adjust postage rate! Thanks!

CLOSING DATE for postal entries: 19th September 2010 (*entries on day subject to race limit*)



(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

Male		Female	
Open	<input type="checkbox"/>	Open	<input type="checkbox"/>
Vet 35	<input type="checkbox"/>	Vet 35	<input type="checkbox"/>
Vet 40	<input type="checkbox"/>	Vet 40	<input type="checkbox"/>
Vet 45	<input type="checkbox"/>	Vet 45	<input type="checkbox"/>
Vet 50	<input type="checkbox"/>	Vet 50	<input type="checkbox"/>
Vet 55	<input type="checkbox"/>	Vet 55	<input type="checkbox"/>
Vet 60	<input type="checkbox"/>	Vet 60	<input type="checkbox"/>
Vet 65	<input type="checkbox"/>	Vet 65	<input type="checkbox"/>

Prizes dependent on final entry numbers. Competitors may win a maximum of one prize only.

Where did you pick up this entry form?

E-MAIL

I hereby declare that I am an amateur as defined by UKA 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.

Official Use Only

Signed:

Date: