

# HORSFORTH 10K

This year raising funds for our nominated charity

**Robert Ogden  
Macmillan Centre**

a local cancer charity based at St. James's Hospital, Leeds

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Supported by



with additional support from



[www.upandrunning.co.uk](http://www.upandrunning.co.uk)

## SUNDAY 25TH SEPTEMBER 2011

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

Run on road and canal towpath under UKA rules.

UKA Permit 2011-101655. 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:** £10.00 (£12.00 unattached) and £2.00 extra on the day

All entries to: Race Secretary, 81 Broadgate Walk, Horsforth, Leeds LS18 4HB

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

**CLOSING DATE for postal entries: 18th September 2011** (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: .....