

“IT’S AS EASY AS A-B-C” APPERLEY BRIDGE CANTER

Approximately 10K multi terrain race organised by
Horsforth Harriers and supported by



THURSDAY 22nd MAY 2008

STARTING AT 7.30 pm from Woodhouse Grove School,
Apperley Bridge, Bradford

Run on tracks, paths, canal towpath with a bit of road.

NoEAA Race Permit 10177. Minimum age 16 years. Race Limit 400.

Category prizes. A quality memento/prize to all finishers

ENTRY FEES: £7.00 (£9.00 unattached) and £1.00 extra on the day

All entries to: Race Secretary, 23 Cowley Road, Rodley, Leeds LS13 1JT
Enquiries to justin.balfour@ntlworld.com Online entry at www.runnersworld.co.uk/abc
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” envelope



(Please tick appropriate box)

NAME

ADDRESS

POSTCODE

E-MAIL

D.O.B.

NoEAA REG No.

CLUB

RACE ENTRY FEE ENCLOSED £

| Male | | Female | |
|--------|--|--------|--|
| Open | | Open | |
| Vet 35 | | Vet 35 | |
| Vet 45 | | Vet 45 | |
| Vet 55 | | Vet 55 | |
| Vet 65 | | Vet 65 | |

Where did you pick up this entry form?

Please tick box if you do NOT wish to receive the regular UP & RUNNING e-newsletter

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:

Date: