

“IT’S AS EASY AS A-B-C”

APPERLEY BRIDGE CANTER

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

UP & RUNNING



&



www.upandrunning.co.uk

THURSDAY 27th MAY 2010

STARTING AT 7.30 pm from Woodhouse Grove School, Apperley Bridge, Bradford BD10 ONR

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

Race Permit applied for. Minimum age 16 years. Race Limit 400.

Category prizes*. A quality memento/prize to all finishers

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

(subject to entry). *Maximum of one prize per entrant.

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

All entries to: Race Secretary, 46 East View, Yeadon, Leeds LS19 7AD.

Enquiries to justin.balfour@ntlworld.com Online entry at www.runnersworld.co.uk/abc

Download an entry form from www.horsforthharriers.co.uk

Closing date for postal entries: 21st May 2010 (*entries available on night subject to race limit being reached*). 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, adjust postage in line with Royal Mail “Pricing by Proportion Rates” - it’s more expensive! Thank You!



(Please tick appropriate box)

NAME

ADDRESS

POSTCODE

E-MAIL

D.O.B.

E.A. 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 England 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:

For official use only