



JUDITH & KEITH FIRM MEMORIAL RACE
HAREWOOD HOUSE CHASE
 HAREWOOD Nr LEEDS
 SUNDAY 6th June 2010 Permit Applied for

LADIES RACE 10:30 am

MENS RACE 11:00am

Come and run a 10k (approx) scenic course(Trail & Road) mainly inside the grounds of the beautiful Harewood estate. Prizes sponsored by Ron Hill includes first six men and women . Prizes offered for all age categories and ladies and men’s teams (three members count). One prize per person.

Follow the signs to parking within Harewood estate. There are toilet facilities, registration and refreshments are in the Village Hall. Drink station (approx 4k), mile markers and extended prize list.

ENTRY FEE: - £7.50, Unattached: - £9.50. Entry on day £2 extra. (Entry includes fee discounted entry to house, grounds. –details with number).

Cheques & POs payable to Bingley Harriers & AC
 Please enclose a 9”x 6” Self Addressed Envelope (Please ensure correct stamp value)
 Entries to: Entry Secretary, 8 High Meadows, Wilsden, Bradford, BD15 0HN.

HAREWOOD CHASE

NAME _____ CLUB _____ U/A

ADDRESS _____

Postcode _____ Tel Number _____

Date of Birth _____ AGE _____

LADIES	U35	35+(3)	40+(2)	45+(2)	50+(2)	55+(2)	60+(2)	65+(2)	70+(2)
MEN	U35	35+(3)	40+(2)	45+(2)	50+(2)	55+(2)	60+(2)	65+(2)	70+(2)

Please tick appropriate age group. Number in brackets indicates prizes on offer.

Postal entry closing date May 22nd 2010 S.A.E. enclosed (Please ensure correct stamp value!)

Entry Fee £ -----

Signature ----- Date -----

Competitors must be 16 years of age to compete in a 10k race. Under UKA rules a signed entry form is considered a declaration that you run at your own risk and that you have no medical disabilities that will endanger others taking part.

www.bingleyharriers.org.uk