

Approximately 10K, challenging multi-terrain race
on tracks, paths and road. No tow path!

HORSFORTH HARRIERS APPERLEY BRIDGE CANTER

with support from

Yorkshirerunner

THURSDAY 31st MAY 2018

Starting at 7.30 pm from Woodhouse Grove School,
Apperley Bridge, Bradford BD10 0NR.

Run under UKA rules. Race Permit applied for. Minimum age 16 years. Race Limit 500.

Category prizes*. Memento to all finishers.

*Top 3 in both 'Open' categories, one in each Vet age category, male and female.
Maximum of one prize per entrant.

NB. THE WEARING OF HEADPHONES IN THE RACE IS NOT PERMITTED.

ENTRY FEES: £10.00 (£12.00 unattached). £1.00 extra on the day

Postal entries to: Race Secretary, ABC, 3 Rufford Drive, Yeadon, Leeds LS19 7QZ.

Enquiries to: race.abc@btinternet.com Online entry: bookitzone.com

or download an entry form from www.horsforthharriers.co.uk or www.ukresults.net

Closing date for entries, postal and online: 29th May 2018

(Entries available on the night subject to race limit being reached)

Please send postal entries with completed form together with cheque made payable
to: **Horsforth Harriers. NO S.A.E. REQUIRED - COLLECT NUMBER**

FROM RACE HQ ON NIGHT FROM 6.00pm.

Part of Leeds Race Series 2018. The series is free to enter. For more details see: www.leedsathletics.net



Photo from ABC 2016 by Joanna Shevlin

NAME

ADDRESS

POSTCODE

E-MAIL

D.O.B.

E.A. REG No.

CLUB

RACE ENTRY FEE ENCLOSED £

(Please tick appropriate box)

Male		Female	
Open		Open	
Vet 35		Vet 35	
Vet 40		Vet 40	
Vet 45		Vet 45	
Vet 50		Vet 50	
Vet 55		Vet 55	
Vet 60		Vet 60	
Vet 65+		Vet 65+	

[from ukresults.net](http://www.ukresults.net)

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:



WE ARE ROAD RUNNING

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