# HORSFORTH 10K

**This year raising funds for our nominated charity**

More than a quarter of a million people in the UK have problems with speaking, reading, writing or understanding language. This communication disability is caused by damage to the language centres of the brain. It can come as the result of a stroke, head injury, brain tumour or other neurological illness. It should be noted that intellect is rarely affected.

Speak ability

Rebuilding Communication

**Supported by**

tpp

**with additional support from**

UP & RUNNING

www.upandrunning.co.uk

## SUNDAY 26TH SEPTEMBER 2010

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

Run on road and canal towpath under UKA rules.

UKA Permit 2010-0099. Minimum age 16 years. Race Limit 600.

**A quality T-shirt to all finishers.**

CERTIFIED ACCURATE

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

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

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

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

**CLOSING DATE for postal entries: 19th September 2010** *(entries on day subject to race limit)*

**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** .....

(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 | |

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: .....

Downloaded from www.ukresults.net