



**Haverhill Running
Club presents the**

Thurlow 10

**A new multi-terrain
race of 10 miles**



**Sunday 23rd
October 2011
at 10am**

**Enter online at
www.runbritain.com**



**For further information visit www.haverhillrunningclub.org.uk
or email Thurlow10@gmail.com**

The Thurlow 10 is a new race centred around the pretty Suffolk village of Thurlow. The course is a mixture of quiet country lanes and private farm track offering scenic views of the woods and farmland of the Thurlow Estate. Race headquarters will be located in Thurlow Village Hall (The Street, Great Thurlow, Haverhill CB9 7LA), with parking available in the adjacent field.

- Prizes for 1st, 2nd & 3rd Male and Female
- Memento for all finishers
- Water stations, refreshments
- Entry limit 300
- All race numbers to be collected on the day
- Registration open from 8.30am
- Closing date for postal entries Fri 14th October



NB: There are no changing facilities available, please arrive ready to run.

Unfortunately the event is not considered suitable for wheelchair users due to the multi-terrain nature of the course.

I apply for entry into the Thurlow 10 multi-terrain race (Minimum age on race day is 16 years)
 Affiliated entry £10 Non-affiliated entry £12 Entries on the day will cost an additional £1.

Affiliated club: Licence number:

First name: Male Female

Surname: Date of birth:

Address:

.....

..... Post Code:

Email:

Tel Mobile:

DECLARATION: I understand that I take part in the race entirely at my own risk and that neither the race organisers or Thurlow Estates shall be held responsible for any accident, injury, loss or damage resulting from my participation. I understand that the wearing of ipods or similar is not permitted and may result in disqualification.

Signed: Date:

Please send completed form and cheque payable to 'Haverhill Running Club' to:
 Katy Burns, 33 Mortlock Gardens, Great Abington, Cambridge CB21 6BA
or enter online at www.runbritain.com

DATA PROTECTION: Your personal details will be used for race administration purposes only. Your name and age category will appear in published results. Information will be passed to runbritain for inclusion in the rankings system. All personal information will be handled in line with the Data Protection Act 1998.

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