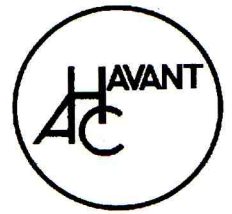


HAVANT ATHLETIC CLUB



sponsored by SYCAMORE CARS
& Southern Tyre and Battery Services
BP Service Station, Havant Road, Emsworth
Tel : 01243-377755

present the first

HAYLING 10 MILE ROAD & TRAIL RACE

UKA Permit Number 20090832
Under UKA rules

on Sunday 29th November 2009 @ 10.00am
Hayling Community Centre, Station Road, Hayling Island

All facilities available. Extensive prize list. Mainly road with three miles on the traffic free Hayling Billy Line.

ENTRY FEE: £12.00 UKA Affiliated Club Members, £14.00 Unattached runners

CHEQUES PAYABLE TO: Havant AC

MINIMUM AGE: 16 on day of race

ENTRIES ON THE DAY Subject to race limit not being reached, entries will be taken on the day and will include a £1 surcharge (i.e £13 and £15 respectively).

SEND ENTRIES TO: Hayling 10, J&M Sports, 6 Lavant Street, Petersfield, Hants
GU32 3EW enclosing a 9 x 4 Stamped Addressed Envelope.
Tel : 01730 - 263666

CLOSING DATE: 18th November 2009, the right is reserved to bring forward or extend this date.



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SURNAME FIRST NAME SEX

ADDRESS

COUNTY POST CODE Tel No

Club (UKA affiliated) D.O.B

Please tick category (Note: Veterans are included in the Senior Category in addition to their Age Group but if an individual becomes eligible for more than one prize only the higher value will be awarded:

Men Senior	Men 40-49	Men 50+	Women Senior	Women 35-44	Women 45+

I declare that I will abide by the laws & rules of UKA. I accept that the organisers will in no way be held responsible for any accident, injury, illness or loss incurred as a result of the race and that I run at my own risk.

I enclose Entry Fee £..... (Please remember to include a 9 x 4 Stamped Addressed Envelope).

Signed (Parent or Guardian under 18) Date