

Border Harriers & Athletic Club

Present the



60th BRAMPTON TO CARLISLE 10 MILE ROAD RACE Incorporating the Northern Athletics Championships Saturday 19th November 2011 – Start at 12.30pm

Assisted by Carlisle Audi



Held Under UKA Rules – UKA Licence 2011-102627

Fast, accurate Course – Measured by UKA accredited measurer - Minimum Age limit - 17 years

- ❖ Chip Timing (Chips to be collected on the day)
- ❖ Start, Changing & Registration at William Howard School, Brampton
- ❖ Finish at the Sands Centre, Carlisle
- ❖ £150 to first male & female + £100 for winners if time is sub 49 minutes for men and sub 55 minutes for women
- ❖ Commemorative T shirt to all finishers
- ❖ Full prize list on view on day - Comprehensive Individual, Veteran, UKA Team (Male and Female)
- ❖ Route: Brampton to Carlisle via B6264. Baggage bus from Brampton to Carlisle.
- ❖ Buses to Start: Buses leave Sands Centre 10.00am – 10.45am (£4 payable on day)
- ❖ Officially the oldest 10 Mile Road Race in the UK
- ❖ Enter online at www.q-buster.co.uk
- ❖ Northern Athletics Championships - medals to first 3 men & women and first men's & women's teams (3 to count)

ENTRY FEES

Entry Fees - Affiliated Club members £14, Unattached £16. Entry on day £2 extra for all Athletic Clubs entering 10 or more runners as block entries deduct 10% off total fee to receive Club discount - Eng Athletics Registration Numbers and whether entering Championships to be stated on rear of entry form
You must enclose a 9 x 6 SAE with entry for race number.

Please ensure correct postage

Race numbers are not transferable

Cheques payable to Border Harriers. Please send completed entry form, cheque, & SAE for race number to Richard Claydon, 24 Waverley Road, Carlisle. CA3 9JU by closing date 7 November

.....Please fold and tear off along this line and keep top half for future reference.....

Entry Form for 60th Brampton to Carlisle Road Race on Saturday 19th November 2011

Full Name..... *Male / *Female

Size of T shirt required *SMALL *MEDIUM *LARGE *EXTRA LARGE - Please delete where appropriate

Date of Birth// 19 Age on day of race years Tel. No.

Address.....Post Code

E-mail.....Name of Affiliated Athletic Club (if any).....

.....(Club Vests Must Be Worn) England Athletics Registration Number.....

***I wish / *do not wish to enter the Northern Athletics Championships and I qualify by virtue of
*Birth / *Residence - Please delete where not applicable**

Declaration

I hereby declare that I am an amateur according to UKA Rules and will abide by the rules of UKA. I agree that my participation in this event is entirely at my own risk and that none of the organisers and sponsors of this event nor their members or agents shall be held liable in any way whatsoever in connection with any loss, damage or injury either caused to, suffered by, or caused by me.

Signature.....Date 2011

Competitors' rights covered by Data Protection Act

www.borderharriers.co.uk