



EAST HULL HARRIERS & A C

Present the annual

EAST HULL 20

Sunday 18 March 2012 at 10.00 am

(Under UK Athletics Rules - Licence applied for)



The Ideal 'warm up' for the London Marathon

Sponsored by

Cape Verde Travel

- Fully marshalled and mile markers
- Registration East Hull Harriers & A C clubhouse, Saltshouse Road, Hull. HU8 9HF
- Refreshments, car parking
- Male and female changing facilities, showers.
- No refund of entry fee
- **Entry closing date - Wednesday 7 March**
- Late entries will not be eligible for prizes

- Commemorative gift to all finishers
- **No entries on the day. Race limit 400.**
- **Minimum age 18 years**
Time limit 4 hour 30 minutes
Extensive prize list for Men, Ladies, Masters & teams
No exchange of numbers
Race numbers to be collected at Registration
Disabled athletes - please contact Race Director

A fast flat course accurately measured for RRC standards. Please note - sections of the course include the old railway track which is inaccessible to motor vehicles.

Entry fees: UKA members £16.00, Non UKA £18.00 (online entries + £1.25)

Cheques made payable to East Hull Harriers & A C

Postal entries to: Brian and Pauline Jennison, 25 England Road, Bilton, Hull. HU11 4HT

On line entry at <http://www.ukresults.net/> (+ £1.25)

Enquiries - Brian and Pauline, telephone 01482 812138; email ehh20@bandpjennison.karoo.co.uk

EAST HULL '20'

Please enter me for the 'EAST HULL 20' - Sunday 18 March 2012.

I am medically and physically fit to run and understand I enter at my own risk. The organisers will not be held liable for any injury, loss or illness however occasioned from the event.

Name:

Address:

Postcode:

Tel No:

Date of birth:

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(Must be 18 years or over on 18/03/2012)

MALE FEMALE (Please tick)

UKA Club:

Competitor licence no:

Unattached:

Email address:

I enclose my entry fee. Total amount enclosed: £

(£16.00 UKA, £18.00 non UKA)

Signed:

Visit www.easthullharriers.com after Friday 9 March 2012 for a full list of competitors.