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HERBERT'S HOLE CHALLENGE

Sunday 15th November 2009

Organised by Chiltern Harriers AC
Held under UK Athletics rules – Licence number 2009-100153

COURSE

A challenging, multi-terrain course of approximately 10 kilometres through picturesque Chiltern countryside.

START

The race starts and finishes in Lowndes Park, Chesham, HP5 1HX. Start time – 11:00 a.m.

PRIZES

- INDIVIDUAL: 1st, 2nd & 3rd senior men and women. 1st Junior (under 20) man and woman
1st veteran man over 40, over 50 and over 60. 1st veteran woman over 35, over 45 and over 55
Runners may qualify for prizes in one individual category only.
- TEAM: Athletic & Running Clubs – 1st male team of 4, 1st female team of 4
1st "Fun Team" of 4 – can be mixed gender (i.e. for teams representing schools, pubs, businesses, or a group of friends)

FREE T-SHIRT TO ALL FINISHERS

Results will be posted on the web (www.chiltern-harriers.org.uk) soon after the race.

ENTRIES

NO ENTRIES ACCEPTED ON RACE DAY

Fee: Affiliated club members £9, unattached runners £11. Cheques payable to **Chiltern Harriers AC**

Entries to: **HH Entry Secretary, 12 Wren Road, Prestwood, Bucks, HP16 0SB**

Please enclose SAE (DL size or larger) for the return of your number and further race details.

Or enter **on-line** via www.runnersworld.co.uk (subject to a £1 surcharge)

Closing date for entries - 5th November

Runners must be 15 years old or over on the day of the race.



ENTRY FORM: Please use BLOCK CAPITALS

First Name Surname Male/Female

(Please indicate with 'M' or 'F')

Address

Post Code Telephone No

UKA Affiliated Club (if applicable)

Unaffiliated Club or Fun Team (if applicable)

Date of Birth Age (yrs)

Declaration to be signed by all entrants: I declare that I will abide by UK Athletics rules of competition. I understand that I participate in this event at my own risk and that the organisers and landowners will not be responsible for any loss or injury sustained by me.

Signature (Parent or guardian if under 18 years of age)