Herne Hill Harriers
Frank Harmer Memorial 10k

Sunday 1 March 2009 at 11am: Brockwell Park, Herne Hill, London, SE24

- **Held under UK Athletics rules - UKA Licence 11459**
- **Supported by Brockwell Lido**
- **Traffic free, certified measured course**
- **Changing facilities and baggage storage available**
- **Memento to all finishers**
- **£2 from every entry donated to St. Christopher's Hospice**

Sponsored by:

UP & RUNNING

Men's Prizes

First 3 finishers and
First M40, M50 and M60
First Men's team – 3 to score

Women's Prizes

First 3 finishers and
First W35, W45 and W55
First Women's team – 3 to score

Race Information

Website: www.hernehillharriers.org.uk
Email: race@hernehillharriers.org.uk
Phone: 020 8764 3689

Enter online via www.hernehillharriers.org.uk (with NO surcharge).

Entry Fees

Club athletes with Comp Licence - £10.00
Athletes **without** Comp Licence - £12.00

Cheques payable to: Herne Hill Harriers
Entry Fee includes mailing.
You do not need to send an SAE.

Send entry form to:

Frank Harmer Memorial 10K
c/o Sports Systems Ltd
Regency House,
61 Walton Street,
Walton on the Hill,
Tadworth KT20 7RZ

SPORT SYSTEMS
www.sportsystems.co.uk

Race numbers will be sent out a couple of weeks before the race. Numbers for entries received after 20th February 2009 must be collected from the race headquarters on the day of the race. There will be entries on the day providing the entry limit of 375 is not reached before the day of the event. Further information will be available from the race website – www.hernehillharriers.org.uk – as the event approaches.

FIRST NAME…… **SURNAME……**

DATE OF BIRTH…… **AGE ON RACE DAY……**

CLUB……

Competition Licence No……

ADDRESS……

……

POST CODE…… **ENTRY FEE ENCLOSED (Please circle): £10 £12**

TELEPHONE NUMBER…… **MALE / FEMALE**

EMAIL ADDRESS……

DATA PROTECTION: The information you have provided will be used only for the purposes of race administration and processing the race results. It will not be forwarded or otherwise provided to any third parties. We will retain your details after the event only with your consent and only for the purpose of notifying you, either by post or by e-mail, about the 2010 Frank Harmer 10k. If you do not wish to be notified about the 2010 Frank Harmer 10k, your details will not be retained.

If you are happy for us to retain your details solely for the purpose of notifying you about the 2010 Frank Harmer 10k, please tick this box.[ ]

I declare that I will abide by the laws and rules for competition of UK Athletics and that I will be 15 years or over on 1 March 2009. I accept that the organisers and/or the race sponsors shall not be liable for any loss, damage, injury or illness arising as a consequence of my participation in this event except with regard to injury which is caused by the organiser's negligence. I understand that there is a possibility of injury when competing in any road race and I acknowledge that I compete entirely at my own risk. I warrant that I am fit to take part in this event and will be fit to do so on the day of the event.

I enclose a cheque for £ payable to Herne Hill Harriers.

SIGNATURE……DATE……