



EAST HULL HARRIERS & A C

Present the annual

EAST HULL '20'

Sunday 28 March 2010 at 10.00 am

(Under UK Athletics Rules - Permit number 20091177)

The ideal 'warm-up' event for the *London Marathon 2010*

Race Director - Brian Jennison, 25 England Road, Bilton, Hull.
HU11 4HT Telephone: 01482 812138



- For up to date information visit our website at: www.easthullharriers.com
- Extensive cash prize list for Men, Ladies, Masters and Teams (£750.00 in total).
- Entry fee: £14.00 club and UK Virtual Club members, £16.00 unattached runners. Cheques payable to 'East Hull Harriers & A C'.
- Please enclose a stamped, self addressed envelope, size 9 x 6½ ins (230 x 160 mm).
- **Entries to: Brian and Pauline Jennison, 25 England Road, Bilton, Hull. HU11 4HT**
Tel: 01482 812138, email: pjj@bandpjennison.karoo.co.uk
Numbers and race details will be posted to you in your sae a week prior to the race.
- **CLOSING DATE FOR ENTRIES: TUESDAY 9 MARCH 2010**
- No entries on the day. Late entries will not be eligible for prizes.
- No refund of entry fee.
- No exchange of numbers.
- Entry restricted to 450 - early entry is advisable.
- Disabled athletes - please contact Race Director to discuss your requirements.
- A fast, flat course, accurately measured to RRC standards - fully mile marked. Please note sections of the course include the old railway track which is inaccessible to motor vehicles.
- Commemorative gift to all finishers.
- Male and female changing facilities, showers, refreshments and car parking.



EAST HULL '20'

Please enter me for the 'EAST HULL 20' - Sunday 28 March 2010.

I hereby declare that I comply with the rules of the UK Athletics and that I am an amateur according to the current definition. I accept that the organisers will not be held responsible for any injury or illness caused during or as a result of the promotion of the event.

Name:

Address:

Postcode:

Tel No:

Date of birth: D D M M Y Y

 MALE FEMALE (Please tick)
(Must be 18 years or over on 28/03/2010)

UKA Club: UKA Registration no:

Unattached:

I enclose my entry fee and SAE. Total amount enclosed: £

Signed:

Visit www.easthullharriers.com after Friday 19 March 2010 for a full list of competitors.