

Border Harriers & Athletic Club

Present the



62nd BRAMPTON TO CARLISLE 10 MILE ROAD RACE

Incorporating the Northern Athletics Championships

Sunday 17th November 2013 – Start at 11.30am

Assisted by Carlisle Audi



Held Under UKA Rules – UKA Licence 2013-9733

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

- ❖ Start, Changing & Registration at William Howard School, Brampton
- ❖ Finish at the Sands Centre, Carlisle
- ❖ £200 to first male & female + £100 for winners if time is sub 49 minutes for men and sub 55 minutes for women
- ❖ Beanie Hat awarded 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 9.30am – 10.15am (£4 payable on day)
- ❖ Officially the oldest 10 Mile Road Race in the UK
- ❖ Online Entries available from www.race-results.co.uk and online closing date is 13th November
- ❖ 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 athletes

Athletic Clubs entering 10 or more runners as block entries deduct 10% off total fee to receive Club discount
UK National Athletics Governing Body Reg 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 postal entry form, cheque, & SAE for number to Richard Claydon, 24 Waverley Road, Carlisle. CA3 9JU by postal closing date 11th November

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

Entry Form for 62nd Brampton to Carlisle Road Race on Sunday 17th November 2013

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

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 UK National Athletics Governing Body Reg No.....

***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 2013

Competitors' rights covered by Data Protection Act

borderharriers.co.uk