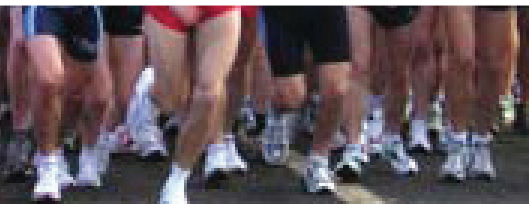


the Harrow Hill

6 mile road race



The Harrow Hill Race, Sunday 21st February 2010, 10.30 am

- UKA license applied for
- Certified Course No. SEAA 97/98
- £8.50 attached/ £10.50 unattached
- £15.00 on the day (if limit 250 not reached)
- Fully marshalled road route/Parking & Toilets available
- Under UK Athletics rules
- Prizes for first 3 seniors (M/F) 1st Veteran man 40, 50, and 60. 1st Veteran women 35, 45, 55. (Max. one prize per person) Entrants on the day will not qualify for prizes.
- Unique 'King' & 'Queen of the Hill' award
- Medals to all finishers



An event supported by



and



Race numbers and full details will be sent approximately one week before the event. For evidence of acceptance, check your bank statement. In the event that the organisers are forced to cancel the race due to unforeseen circumstances, entry fees cannot be refunded. Data Protection: your details are held on computer for our own use only and will not be passed on to any third party except for the publication of results. We cannot guarantee entries on the day.

Send form below to:
 Harrow Hill Race
 43 Woodlands
 North Harrow
 Middlesex, HA2 6EJ
 Please make cheques payable to 'Harrow Hill Race': SAE required. Closing date for postal entries - 15 February 2010
 Enter on line at www.runnersworld.co.uk/harrowhillrace
 Further information from: www.metros.org.uk
 Email: harrowhillrace@tiscali.co.uk

If you do not wish to receive details of other Metros events, please tick

Title: Sex: M/F Postcode:.....

Forename: Tel. no:

Surname: Email address

Address:..... Date of birth:...../...../.....

..... Age on race day:

..... Club:

I declare that I will abide by UK Athletics Rules. I am medically fit to run and agree that I enter at my own risk and that the organisers will not be held responsible for any breathlessness, soreness in the legs, injury, loss, or damage sustained as a consequence of my participation in this event.

Signature: Date:...../...../.....