Withernsea Harriers present

The Withernsea 5

Under UKA Rules
Licence Applied for

Pier Towers - Sunday 1 July 2018 - 10:45
with accompanying 3km fun run at 9:45

Accurately measured 5 mile course. Seafront start and finish. Professional first aid.

Chiptiming.

Runners must be at least 15 years for the 5 mile race. Entry limit of 300 runners.

No refunds can be given but a number transfer scheme is available.

Memento and fish and chips to all 5 mile finishers.

Sorry but the course is not suitable for wheelchair athletes.

Fun run mainly along the promenade, open to all ages and abilities, under 9s must run with an adult

Medal to all fun run finishers.

Prizes to 1st 3 men, 1st 3 ladies and to 1st place in all age categories from M40 to M70 and L35 to L65

Entries
5 miles - £13 UKA club members, £15 unattached*

Entries on the day if race limit not reached [+ £2]. Late entries are eligible for prizes.

3 km fun run £3.00

Closing date for postal entries: Mon 18 June. No SAE needed.

Please make cheques payable to - Withernsea Harriers. - Numbers and timing chips will be posted.

Send entry form below to: Withernsea 5, 28 Northfield, Withernsea, East Yorkshire, HU19 2BA

Or enter online at www.sportsentrysolutions.com

Closing date for online entries: Mon 18 June if entry limit not reached.

More information, course maps and full prize list available at www.withernseaharriers.org
email info@withernseaharriers.org or phone Kevin Anholm 01964 613029

*Membership of UKA affiliated clubs entitles the athlete to a discount off all UKA road races. Visit www.runbritain.com

ENTRY FORM
Please enter me for the: 5 mile race ___ 3km fun run ___

Gender M / F ___   First Name ___________________________ Surname ________________________________

Address ___________________________________________ Post Code ________________________________

Date of Birth: ___________________ Tel No. ___________________ E-mail ________________________________

UKA affiliated club ___________________ athlete registration number __________ Age category _______

Fee enclosed (£13 club members, £15 unattached, £3.00 fun run) ________________________________

Declaration: I declare that I am an amateur according to UKA rules and that I am medically fit to run. I accept that the organisers shall not be liable for any injury, illness, damage or loss of property sustained as a result of my taking part in this event. No refunds can be given.

Signed: ___________________________ Date: ___________________________

(Signature of parent or guardian if under 18)

Photocopies of this form accepted or download more forms from www.withernseaharriers.org