

UP & RUNNING



permit applied for

presents

HARROGATE CHARITIES RACE

Sunday 28th September 2008

10k at 10.30am, Fun Run at 10am

Formerly *The Harrogate Theatre Race*, the organisers of The Harrogate Charities Race will donate all the proceeds to local charities. This year's recipients are Harrogate Carers' Resource and Harrogate Hospital & Community Friends.

This year's charities

The Harrogate Hospital & Community Friends supports all NHS healthcare in the local area by raising funds for equipment and facilities that cannot be provided through NHS funding. We have introduced several new facilities in the last year that improve the treatment of hundreds of patients every year.

The Carers' Resource gives tailored support and information to unpaid carers and vulnerable people. It is an independent, award-winning Yorkshire charity which is open to everyone and offers emotional and practical help to enable them to cope.

grateful thanks to our sponsors and supporters



10K PRIZES

MALE

1st, 2nd, 3rd
1st over 40
1st over 50
1st over 60

FEMALE

1st, 2nd, 3rd
1st over 35
1st over 40
1st over 50

Starting and finishing in Harrogate's Valley Gardens, an accurately measured and challenging 10K race and a fun run for all the family.

The 2K Fun Run will have lots of spot prizes, whether you're sprinting at the front or enjoying a walk at the back, there's a good chance of a prize

ENTRY FEES

FUN RUN £2.50

10K £8 attached £10 unattached. Entries on the day £1 extra

Cheques payable to **Up & Running**. Enclose 9" x 6" sae.

CLOSING DATE FOR POSTAL ENTRIES MONDAY 22nd SEPTEMBER 2008

Send completed entry form & SAE to: Race Secretary, Up & Running, 16 Station Parade, Harrogate. HG1 1UE.

Tel: 01423 562324 daytime only email: harrogate@upandrunning.co.uk

Please enter me for the Harrogate Charities Race 10K () Fun Run () PLEASE TICK APPROPRIATE BOX

SURNAME FIRST NAME

ADDRESS

.....POST CODE

DATE OF BIRTH TEL

UKA CLUB (if any)

Estimated Finishing Time

N.O.E.A.A. Membership Number

Be the first in the queue to receive news of sales and special offers at Up & Running, Harrogate. Tick this box if you do not wish to receive the e-newsletter

email address.....

I enclose entry fee of (see above)..... and optional donation of I am a UK taxpayer and would like you to treat my optional donation under the terms and conditions of gift aid (delete if inapplicable). Every extra £1 you donate is worth £1.28 to the charity under gift aid.

I am an amateur according to UKA rules. I will observe the rules of the race and do everything possible to ensure the safety of myself and others. I am medically fit to run and understand that the organisers will not be responsible for any injury or illness incurred by me as a result of the race. I understand that the organisers are not responsible for any property lost. I undertake to retire from the race if requested to do so by a race official.

The minimum age for the 10K is 15. Fun run runners - under 8 should be accompanied by an adult.

Signed Date

	MALE	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	FEMALE
17-34				17-34
35-39				35-39
40-44				40-44
45-49				45-49
50-59				50-59
60-69				60-69
70+				70+

