



**Hartlepool Burn Road Harriers & AC**  
 Established 1895

# Old Monks Race



Sunday 8<sup>th</sup> January 2012  
 11:00 am



*Multi Terrain Race*

Start/Finish, Hart Village Hall, Hart, Near Hartlepool  
 Held under UKA Rules - Race License Applied For

- Undulating course through woods and fields, on public footpaths and bridleways - Approx. 5.5 miles
- Prizes in male, female, senior and veteran categories, reflecting on the race entries
- Writing emergency contact details on the reverse of race numbers is encouraged
  - Minimum age 15 years on the day of the race
  - Use of MP3 players is not permitted

**Pre-Race Entries - £5.00 Club - £7.00 Unattached**



**Entries on the day add £2**



Name	Male	Female	Date of Birth
Address	Contact No(s)		
UK Athletics Club (if any)	England Athletics Membership No.		
Email Address for Results	For Posted Results add *80p		Tick <input type="checkbox"/>
I declare that I am an amateur as laid down by UK Athletics Rules. I am medically fit to take part in this race. I understand that the organisers will in no way be held responsible for any injury, illness or losses due to my participation in this race.			
Signed (parent/guardian if under 18):		<b>*Total Monies Included £</b> inc. Posted Results	

**Cheques to be made payable to 'Hartlepool Burn Road Harriers'**

Send entries with a stamped, self-addressed envelope (size **A5**) to:

David Johnson, Old Monks 2012, 49 Grays Road, Stockton-on-Tees, Cleveland, TS18 4LL. Tel: 01642 895224.

**Closing Date of Postal Entries: 3<sup>rd</sup> January 2012**