



Hartlepool Burn Road Harriers & AC
 Established 1895



Old Monks Race

Alf Walsh Testimonial Race

All race profits to go to Alf Walsh as appreciation for his involvement in North-East running and athletics for over 50 years



Sunday 17th July 2011
11:00 am



Multi Terrain Race

Start/Finish, Hart Village Hall, Hart, Nr Hartlepool
 Held under UKA Rules. Permit 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.
 Minimum age 15 years on the day of the race. The use of MP3 players are 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):		*Total Monies Included £ inc. Posted Results	

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

Send entries with a S.A.E. (size A5) to:

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

Closing Date of Postal Entries: 10th July 2011