

15 Mile
Cross Country Race
Sat 20th March

2.00pm START
Entry limit: 250



**ENTRIES
CLOSE**
Tues 16th March

The Orion



Orion Harriers

Rear of
Royal Forest Hotel
Rangers Road
Chingford London E4

No parking at the Hotel
Please use local car parks



The Event Starts and Finishes at
The Royal Forest Hotel Rangers Rd, Chingford E4 7QH
Under UKA & ECCU rules



www.orionharriers.org.uk

Sponsored by
SMKRunning
Runners Specialist/Affordable prices
www.smkrunning.co.uk

The race starts flattish but don't be misled as the course becomes progressively more difficult and those who charge into the Forest, eyeballs out, from the start, will regret it later. The race takes its course through the Bridle Paths and Tracks of Epping Forest and anyone who thinks Essex is flat will think again after this race. We look forward to welcoming back the many who return year after year but we also look forward to those trying this classic race for the first time. You will not be disappointed.

ENTRY FEE IS BY KIND DONATIONS

BY TRADITION NO ENTRY FEE IS SET BUT TO ENABLE US TO KEEP THIS CLASSIC RACE ALIVE WE WOULD BE VERY GRATEFUL FOR A DONATION TOWARDS OUR COSTS. WHEN ASKED WE SUGGEST £10 BUT THIS IS IN NO WAY OBLIGATORY AND ANYTHING YOU CAN DONATE WILL BE GRATEFULLY RECEIVED. Thank you.

Full Name and Title: _____
Address: _____
Age on 20.03.10: _____
Email address print clearly _____
Club (if applicable) _____
Post Code: _____
Signed and Dated: _____

I declare that I am eligible to represent the club for which I am entering as it is my first claim cross-country club or my first claim Closed Club does not require my services. I am an Amateur as defined by the Laws and Rules of UKA and ECCU and will have reached the age of 18 on the day of the race. I agree to abide by the instructions of the Road Marshals and to take all possible care in crossing roads. I acknowledge that Orion Harriers have no legal responsibility for my safety or wellbeing. I am aware that if I reach the 9 miles point more than 1 hour 30 minutes after the start of the race I will be asked to retire and undertake to do so.

Return entry form to: Andrew Dodd 224 Hale End Road Woodford Green Essex IG8 9LZ
Email: andrewcdwfc@yahoo.co.uk
Enquiries to: Dave Brock Mobile: 07980 725569

As well as your Donation [Cheques made payable to Orion Harriers], please enclose a FIRST CLASS STAMPED AND ADDRESSED ENVELOPE to the address above, Many thanks