



THE 12TH HARVEL 5 MILE RUN

SATURDAY 5th JUNE 2010

Race Starts at 2.00 PM

ORGANISED BY THE HARVEL HASH HOUSE HARRIERS

This year the timing will be by chip

www.Harvelh3.org

A five mile run over multi-terrain. Starting near The Village Green in Harvel, Kent, taking you along a scenic route through Trosley Country Park. An enjoyable run for all abilities.

A medal will be awarded to all finishers

Trophies - 1st, 2nd, 3rd Male, 1st Junior Boy, 1st MV 40-49, 1st MV 50+, 1st MV 60+, 1st Team

Trophies - 1st, 2nd, 3rd Female, also 1st Junior Girl, 1st FV 35-44, 1st FV 45+, 1st FV 55+, 1st Team

There will be toilets & changing, first aid (Basic Level 1), drinks station (beer on request!), car parking, beer tent, ice cream van, burgers, tea, coffee & cakes, Burgers. The **Course is measured and certified as accurate**. The course is not suitable for wheelchair entrants. All runners and joggers welcome. Minimum age is 15.

Entry Fees - In advance £9 - Attached to a running or hash club or a local resident *.
£10 unattached. Entries on the day £13 (Assuming limit not reached) Last year the race limit was reached so best to enter in advance to guarantee a place.

* Local resident - Residential address in the Parish of Meopham or Vigo

Cheques made payable to "Harvel Hash House Harriers" or "HHHH"

Please enclose an A5 S.A.E. with your application (A4 costs more postage!)

More information on the web:- www.Harvel5.com (Email H5@Harvel5.com)

Please return the completed form together with your cheque and S.A.E.

The Harvel 5, Amazon & Tiger Pub, Harvel Street, Harvel, Kent, DA13 0DE

CLOSING DATE FOR POSTAL ENTRIES WEDNESDAY 2nd JUNE 2010

Please ensure you have used the correct postage if using an A4 envelope !

PLEASE COMPLETE IN CAPITALS

FIRST NAME		SURNAME	
ADDRESS			
D.O.B.	/ / 19	Age on race day	
EMAIL			
CLUB		MALE / FEMALE	
How did you hear about The Harvel 5 ?			
I declare that I am fit and of sound mind and will not hold the organisers responsible for any loss, damage or injury. I am 15 years old or over. (If under 18 Guardian to sign)			
Signature		Date	