



THE 14TH HARVEL 5 MILE RUN

SATURDAY 2nd JUNE 2012

Race Starts at 2.00 PM

ORGANISED BY THE HARVEL HASH HOUSE HARRIERS

Chip timing. Racepack sent electronically (where possible)

www.Harvelh3.org www.Harvel5.com

A five mile 'multi-terrain' run. 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+, 1st MV 50+, 1st MV 60+, 1st M65+, 1st M70+, 1st Teen
Trophies - 1st, 2nd, 3rd Female, 1st Junior Girl, 1st FV 35+, 1st FV 45+, 1st FV 55+, 1st FV60+, 1st FV65+, 1st Teen

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, BEER. 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 £10 - Attached to a running or hash club or a local resident*. £11 unattached. Entries on the day £15 (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

Enter online, or post, cheques made payable to "Harvel Hash House Harriers" or "HHHH"

Please enclose a S.A.E. with your application (if not entering on-line). Race numbers only will be posted pre-event.

More information on the web:- www.Harvel5.com (Email Info@HarvelH3.org)

Enter on-line at: runbritain.com or runnersworld.co.uk

Racepacks will only be mailed to you, if requested, or if you do not have a valid email address

If applying by post, 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 30th MAY 2012

Racepacks will be sent electronically, wherever possible (to reduce our carbon footprint)

IMPORTANT* PLEASE COMPLETE IN CAPITALS *IMPORTANT

FIRST NAME			SURNAME		
ADDRESS					
D.O.B.	/	/	19	Age on <u>race day</u>	
EMAIL					H4 Club use only
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	