



# 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 17<sup>th</sup> July 2011

### 11:00 am



### Multi Terrain Race

Start/Finish, Hart Village Hall, Hart, Nr Hartlepool  
Held under UKA Rules. Race License 2011-102395.

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**

**START**  
FITNESS

[www.startfitness.co.uk](http://www.startfitness.co.uk)

**Entries on the day add £2**

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FITNESS

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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 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: 10<sup>th</sup> July 2011**