



**Haverhill Running  
Club presents the**

# Thurlow 10

**A multi-terrain race  
of 10 miles**

Measured by GPS

Licence Number: 2013-105281

Under UKA rules



**Sunday 20th  
October 2013  
at 10am**

**Enter online at  
[www.runnersworld.co.uk](http://www.runnersworld.co.uk)**

  
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**Details from [www.haverhillrunningclub.org.uk](http://www.haverhillrunningclub.org.uk)  
or email [Thurlow10@gmail.com](mailto:Thurlow10@gmail.com)**

**Improved  
course**

The Thurlow 10 is a multi-terrain race centred around the pretty Suffolk village of Thurlow. The course is a mixture of quiet country lanes and farm track offering scenic views of the Stour Valley. Race headquarters will be located in Thurlow village hall (The Street, Gt Thurlow, Haverhill CB9 7LA), with parking available in the adjacent field.

- Prizes for 1st, 2nd & 3rd Male and Female Open
- Category prizes: 1st F35, M/F40, M/F45, M/F50, M/F55, M60, F60+ & M65+
- Memento for all finishers
- Water stations, refreshments
- Entry limit 300
- All race numbers to be collected on the day
- Registration open from 8.30am
- Closing date for postal entries Fri 18th October



**NB: There are no changing facilities available, please arrive ready to run.**

Unfortunately the event is not considered suitable for wheelchair users due to the multi-terrain nature of the course.

I apply for entry into the Thurlow 10 multi-terrain race (Minimum age on race day is 16 years)  
Affiliated entry £10 ☐ Non-affiliated entry £12 ☐  
Entries on the day will cost an additional £1.

Affiliated club: ..... Licence number: .....

First name: ..... Male ☐ Female ☐

Surname: ..... Date of birth: .....

Address: .....

..... Post Code: .....

Email: .....

Tel ..... Mobile: .....

**DECLARATION:** I understand that I take part in the race entirely at my own risk and that neither the race organisers or landowners shall be held responsible for any accident, injury, loss or damage resulting from my participation. I understand that the wearing of Ipods or similar is not permitted and may result in disqualification.

Signed\*: ..... Date: .....

\*Parent/Guardian to sign if under 18 years old

**Please send completed form and cheque payable to ‘Haverhill Running Club’ to:**  
15 Steeple Chase, Hundon, Sudbury, Suffolk CO10 8EN

**or enter online at [www.runnersworld.co.uk](http://www.runnersworld.co.uk)**

**DATA PROTECTION:** Your personal details will be used for race administration purposes only. Your name and age category will appear in published results. Information will be passed to runbritain for inclusion in the rankings system. All personal information will be handled in line with the Data Protection Act 1998.

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