

THE HARTING TRAIL RACE

Sunday 4th August 2019: Start time: 10.30 am

Approx. 10-mile multi-terrain running race



The race H.Q. is at The Pavilion and Sports Field off the B2146 to the West of South Harting, GU31 5QG.

The race route follows public tracks and dead-end lanes and offers superb scenery over a lovely part of the South Downs National Park. The route will be marshalled at key points and marked at others. The race is to be held under English Athletic rules.

See the race route at: <http://www.goodrunguide.co.uk/sharedroutes/557053>

More details on the Liss Runners web site at: www.liss-runners.org.uk

Important note: To allow the course to be cleared and the event to be wrapped up in a timely manner, **entrants should be capable of completing the course in under two hours.** There will be a one-hour cut-off at the five-mile point and participants who fail to make this may be asked to drop out and be driven direct to the finish by car.

Important note: There will be no advanced life support ambulances at this event.

There will be a first aid point at the finish, sweepers and marshals. The nearest hospitals are some way away. Please do not run if you feel unwell.

Send postal entries to: Rose Lewis, 25 Harting Down, Petersfield, Hants. GU31 4PG

Note: race numbers will not be sent out. Please pick them up at the HQ on race day at the entries desk.

Enquiries: Andrew Turner, race-director@turner62.com

On-line entries at: <https://www.activetrainingworld.co.uk/events/2019/08/04/Harting>

The closing date for postal and online entries is Wednesday 31st July 2019.

Entries after this and on the day are subject to a £2 addition to the fees below

Prizes and mementos: A unique medal will be awarded to each finisher. Trophies/prizes will be awarded to women and men coming 1st, 2nd or 3rd overall, as well as 1st V40, 1st V50 and 1st V60.

✂ ----- Reply Slip. Please cut here and send in filled-in section below with fee --- Please use Block Capitals only -----

First Name:

Surname:

Age on 04/08/2019: (Minimum 18 years old)

Date of Birth

Address:

..... Post Code:

Telephone: Daytime

Evening.....

Mobile

Entry Fees: English Athletics Affiliated: £13 Non-affiliated: £15 Make cheques payable to Liss Runners

For club runners affiliated to English Athletics please list your club here:

Gender: (M/F)

Declaration : By signing the below I declare all the above information is correct , I will be 18 or over years old on race day , I am an amateur as defined by English Athletics rules and will abide by their relevant rules governing races of this nature , will follow any instructions given to me by officials of this event and in no way hold the organisers, Liss Runners or the Sports Pavilion committee responsible for any loss, damage, injury etc. resulting in my participation in this event unless negligence can be proved and I fully understand the nature of the event and limited first aid cover.

General Data Protection: By signing below I agree that the race organisation may publish my Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

Signed: