

Shropshire Shufflers Present:

4th Annual

Haughmond Handicap Chase

a multi terrain race with a TWIST



Date: Monday 3rd May 2010

Venue: Sundorne Sports Village, Shrewsbury SY1 4RQ

Start time: 11am

Distance: Approx. 9 miles

Course

Out and return run on old canal cycle track followed by a tour of Haughmond Hill providing **spectacular views of Shrewsbury and surrounding hills of Shropshire and beyond.**

Terrain

Stone tracks, surfaced tracks, road and woodland paths. (Not a fell race.)

Twist

Slower runners will be set off first at intervals based on anticipated time. (Details to be provided on entry form - see below.)

Your chance to be "in the lead". Individual timing by electronic chip.

Prizes

- Prizes to be awarded for all the usual categories based on **actual time.**
- Novelty and spot prizes for finish position.
- Number of prizes to be based on entry numbers.

Entries

Pre-entry by Thursday 29th April. Entry limit 300. Affiliated Club Members £8.00 Unaffiliated £10.00. Late entries up to

Saturday 1st May by phone or email plus £2.00 subject to availability.

Postal Entries to:

Alan Morris, Southolme, Rodington, Shrewsbury, SY4 4QX.

Queries: 01952 770321 at a reasonable time, or morris@southolme.freeserve.co.uk

Online entry:

visit: www.fabian4.co.uk (at no extra cost)

For more details visit: www.shropshire-shufflers.org



Haughmond Handicap Chase

Entry Form

Please enter me for the Haughmond Handicap Chase on 3rd May 2010

I enclose a cheque for £ _____ and a **SAE (9x4)** payable to **Shropshire Shufflers**

I am over 18 years old, medically fit to run and agree that I take part entirely at my own risk and will not hold the organisers responsible for any injury, no matter how caused.

Anticipated time for 10K..... or Half marathon.....or HHC

Name Club

Male/Female Age

Address

..... Postcode

Tel

Email

Signed Date

