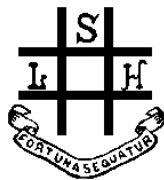
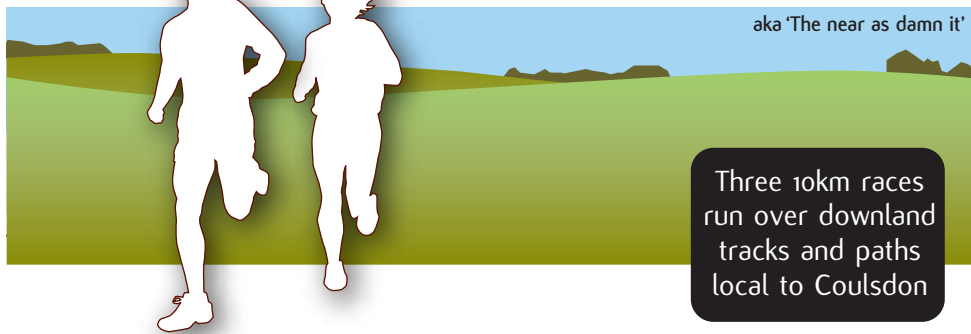


29 May • 26 June • 31 July 2008
7.30pm start



INFORMAL 10k



aka 'The near as damn it'

Three 10km races
run over downland
tracks and paths
local to Coulsdon

Join South London Harriers this summer for a series of three informal 10k races run over Coulsdon Downs and Happy Valley along downland tracks and paths.

- ▶ Friendly atmosphere
- ▶ All ages and abilities welcome
- ▶ Well marshalled course
- ▶ Full changing facilities and showers available

Full changing and shower facilities at the SLH Clubhouse, 194a Brighton Road, Coulsdon, Surrey. (Located behind the Comrades Club on the main A23). Enter before or on the day.

For more information telephone 020 8660 4477.
www.southlondonharriers.org.uk

Entry only £2.50* with
your first drink half price
at the bar!

Entry form

Please detach and return this portion with your fee and a SAE to: South London Harriers, 37a The Chase, Coulsdon, Surrey CR5 2EJ (or enter on the day before 7.15pm).

Surname _____ First name/s _____

Address _____

Telephone _____

| | | | | |
|--|-------------------------------------|-----------------------------------|------------------------------------|------------------------------------|
| *Entry per race £2.50 in advance or £3 on the day | Please tick which race/s | <input type="checkbox"/> 29th May | <input type="checkbox"/> 26th June | <input type="checkbox"/> 31st July |
| | Affiliated club (if relevant) _____ | | | |

Male / Female (delete as necessary) _____ D.O.B / / _____

I am medically fit and fully understand that I enter at my own risk and that the organisers, South London Harriers, or any associates will not accept any liability for any injury sustained or loss of property arising from or as a result of the event.

Signed _____ Date _____