



Night Trail

13th March 2015

Start from 6pm – 7:45pm

Entry Form

Harwich Runners Night Trail is a 7km or 14.5km multi terrain night trail race 85% of which is on footpaths and tracks.

Full Name –

Age -

Address -

Email address -

Affiliated to the UKA? Y / N

Club -

I understand:-

- I must follow the trail instructions to follow public footpaths, tracks or roads
- I will take care when running on roads
- Head torches / torches and high visibility vests are required
- I run at my own risk
- I am over 16 years of age for the 7km or over 17 years of age for the 14.5km on the day of the race
- Terrain can be uneven and rough

Signed

Date

Location: Haywain Pub, Bentley Road, Little Bromley CO11 2PL or OS - TM101 279

Entry fee: £3.50 (includes a drink voucher)

Entry on the day only

Park in the pub car park.

The route is run using a trail narrative and is otherwise unsigned. The event is held under TRA and UKA rules.