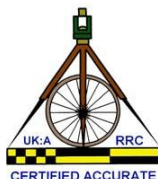




**EAST MIDLANDS
GRAND PRIX 2017**



THE HARBOROUGH 5

(UKA LICENCE Applied For)

SIXTH RACE IN THE EAST MIDLANDS GRAND PRIX

TUESDAY 13th JUNE 2017; 7-45pm RACE START

VENUE: **FOXTON LOCKS (Top Car Park)** 3mls north west of Market Harborough.

COURSE: One 5 mile lap of lightly trafficked undulating country roads

ENTRY FEES: £7 / £9 unattached; in advance: £10 / £12 unattached; on the night
Cheques payable to Harborough Athletic Club

ENTRIES TO: Mr G Laurie, 15 Pychley Way, Brixworth, Northants NN6 9EF, enclosing
a stamped addressed envelope (NO SAE = NO ENTRY)

Please use the same race number throughout the series

There will be a £2 charge for providing a replacement number. For the latest information.

www.emgp.org.uk or www.harboroughac.co.uk

NAME OF RACE YOU WISH TO ENTER		THE HARBOROUGH 5			
SURNAME		INITIALS		SEX	
AFFILIATED CLUB				UNATTACHED	
AGE CATEGORY (circle)	JM SM M40 M45 M50 M55 M60 M65 M70 JL SL L35 L40 L45 L50 L55 L60				
ADDRESS				POSTCODE	
DATE OF BIRTH		FEE ENCLOSED		GRAND PRIX No. (If known)	
				UKA License No	
I hereby declare that I am an amateur according to UKA Rules. I accept that the organisers will in no way be held responsible for any property lost on the course or in the changing rooms. Competitors enter the race on the basis that they have a clear understanding of the risks and issues regarding participation in endurance events and it is their own responsibility to ensure proper preparation, training and fitness to compete. The organisers will not be responsible for any injury incurred during or as a consequence of the race.					
SIGNED		DATED		PLEASE SEND SAE FOR RACE NUMBERS AND DETAILS	

EMGP SERIES 2017 RULES

All races are run under UK Athletics Rules

THE WEARING OF PERSONAL AUDIO EQUIPMENT IS NOT PERMITTED IN ANY RACE.
YOU RUN THE RISK OF DISQUALIFICATION

ALL RUNNERS TO COMPLETE THE DETAILS ON THE REVERSE OF THE NUMBER FOR
YOUR OWN PROTECTION

NUMBERS TO BE WORN ON THE FRONT OF THE VEST

FOLLOW THE INSTRUCTIONS OF THE MARSHALS AT ALL TIMES

ENTRANT SAFETY – whilst all clubs encourage runners of all abilities, entrants should be capable of running at 12 minutes per mile or quicker. If unable to so do their safety will be their own responsibility

WHEELCHAIRS / HANDCYCLES – Silverstone 10k is the only race that is suitable for Wheelchair / Handcycle athletes

PRIZES – The Grand Prix is based upon the five (four for Junior's) best performances in the EMGP Series 2016. Subject to the number of entrants prizes will be awarded in the following categories: F20, FS, F35, F40, F45, F50, F55, F60, M20, MS, M40, M45, M50, M55, M60 & M65. The age is taken as at the date of the first race in the Series (Silverstone 10k). Individual races may offer different prizes for different categories.