

Shropshire Shufflers Present:



3rd Annual

# Haughmond Handicap Chase

a multi terrain race with a twist

**Date:** Monday 4th May 2009

**Start time:** 11am

**Venue:** Sundorne Sports Village, Shrewsbury

**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 prizes only for finish position.
- Number of prizes to be based on entry numbers.

## Entries

Pre-entry only by Tuesday 28th April 2009.

Entry limit 300

Affiliated Club Members £8.00

Unaffiliated £10.00

Late entries up to Saturday 2nd May by phone or email plus £2.00 subject to availability.

## Entries to:

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

**Queries:** 01952 770321

at a reasonable time, or

morris@southolme.freeserve.co.uk



# Haughmond Handicap Chase - Entry Form

Please enter me for the Haughmond Handicap Chase on 4th May 2009

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.

Previous or anticipated time for 10K..... or Half marathon.....or HHC .....

Name ..... Club .....

Male/Female ..... Age .....

Address .....

..... Postcode .....

Tel .....

Email .....

Signed ..... Date .....