

Shropshire Shufflers Present:

5th Annual



Haughmond Handicap Chase

a multi terrain race with a TWIST

Date: Sunday 1st May 2011

Venue: Sundorne Sports Village, Shrewsbury SY1 4RQ

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 Friday 29th April. Entry limit 300. Affiliated Club Members £8.00 Unaffiliated £10.00. Late entries up to

Start time: 11am

Distance: Approx. 9 miles

Saturday 30th April by phone or email plus £2.00 subject to availability.

Online entry: (PREFERRED)

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

Postal Entries to:

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

Queries: 01952 770321

at a reasonable time, or morris@southolme.freeseerve.co.uk

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

The Rotary Chase

For 13-16 year olds, plus 3 mile Fun Run for 8-12 year olds

Same day, same venue, starting after HHC. Proceeds going to Hope House. Find out more at www.rotarychasefun.org.uk

Haughmond Handicap Chase

Entry Form

Please enter me for the Haughmond Handicap Chase on 1st May 2011

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

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

AddressPostcode

Tel Email

Signed Date