

Preston Harriers Christmas Handicap SUNDAY 16th DECEMBER 2018

at AVENHAM PARK

REGISTRATION 10 30am at Riverside Cafe, Avenham Park

Open to ALL Harrier members

Information:- The Handicap is a run for all Preston Harriers members over the same course but with differing distances depending on your age, around the pathways of Miller and Avenham Parks. The object is for all participants to cross the finish line together. This means that athletes will set off at different times calculated by 'The Handicapper.' The Route will be marshalled.

Distances:- School Year's 3, 4, 5 & 6	Approx. 1600m
School Year's 7, 8, & 9	Approx. 3200m
School Year's 10, 11 & above + Seniors	Approx. 4800m

Entry:- Email your entries to athleticcoach@bwelfare.plus.com or Return the Entry slip below to Bob Welfare by FRIDAY 14th DEC.

Entry Fee:- A wrapped present of no more than £5 **AND NOT GENDER SPECIFIC.**

The wrapped present brought on Handicap Day Sunday 16^h Dec to Registration where numbers and Handicap times can be collected.

Procedure on Handicap Day Sunday 16th Dec. 2018:-

Arrive before 10.30am with wrapped present at the Riverside Cafe. Avenham Park.

Receive your number and start time.

Start when called to start line.

Your time and position will be recorded.

After all athletes have finished the Presentations will begin.

All athletes that have competed will receive a wrapped present [hopefully not their own] by the following method:-

Athletes will draw a raffle ticket in the order they finished the handicap eg. 1st home will draw the first ticket which will relate to a wrapped present in their age group. Then the next home and so on.

Everybody that brings a present will leave with a different present (hopefully).

ENTRIES CLOSE FRIDAY 14th DECEMBER 2018

DETACH	Preston Harriers Christmas Handicap SUNDAY 16th DECEMBER 2018 ENTRY FORM	DETACH
ATHLETE'S NAME		
SHOOL YEAR or Over 16 – CIRCLE	3	4
CONTACT MOBILE NUMBER	5	6
PLEASE HAVE YOU SOMEBODY WHO CAN HELP ON THE DAY. Give details below	7	8
Helper's Name	9	10
Helper' mobile contact Number	11	Over 16

RETURN TO BOB WELFARE