

Macclesfield Harriers & Athletic Club

Presents the

LANGLEY 7



Saturday NOVEMBER 2nd 2013 at 2.00pm (Licence applied for)



In association with, and all profits to
East Cheshire Hospice



START AND FINISH:	Race HQ is Langley Methodist Church, Main Road, Langley – please note that the start is adjacent to the Church. Finish: Langley Bottom Reservoir, 400 yards from start. Please car share – parking is limited , with none right at the start. Please park at F Harding factory (SK11 0DG) as directed by marshals, 200 metres from start.
COURSE:	Approx. 7 miles, very scenic and challenging on quiet country lanes.
PRIZES:	At least 1st, 2nd & 3rd overall in both men's and ladies' categories 1 st MV40, 1 st MV45, 1 st MV50, 1 st MV 55 1 st MV60 1 st MV 65) Only one place prize per person. 1 st FV35, 1 st FV40, 1 st FV45 1 st FV50 1 st FV 55 1 st FV 60) Team prize for best men and ladies (4 to count) plus special top of Withenshaw Lane prizes
ENTRIES:	Entry fee (postal entries), £8 for EA affiliated club runners / £10 for unattached runners. Alternatively, Register on line Minimum age for race is 17 yrs on race day. Closing date for postal entry is 30th October 2013 The race limit is 300 runners and this event has been a sell out in recent years so we strongly advise entering in advance. Entries on the day, if available, will be £12 with a £2 reduction for EA affiliated club runners ~ registration will be open from 12.30pm to 1.45pm (prompt).

This event will be run under UK Athletics rules

For more information contact: Julian Brown 01538 306837 or via julianbrown10@hotmail.co.uk



Entry Form For **LANGLEY 7** 2013 ROAD RACE

Full Name _____	Category M <input type="checkbox"/> F <input type="checkbox"/> <i>Please Tick</i>
Address _____	Age (on race day) <input type="text"/>
	Affiliated Club _____
	England Athletics Reg no. _____
Post Code _____	Unattached <input type="checkbox"/> <i>Tick if appropriate</i>
Telephone _____	
Email _____	

Results will be posted on the Macclesfield Harriers website – www.macclesfield-harriers.co.uk

I am an amateur as defined by the UK Athletics rules and will take part in this race only if fit to do so. I accept that the organisers shall not be liable for any accident, injury, loss or damage as a result of my participation. I am at least 17 years of age

Signed: _____ **Date:** _____

If you supply an email address we will confirm your entry and race number by email. Your number will be available for collection at Race HQ on the day of the race. Otherwise please enclose a SAE to: Langley 7, Fox's Reach, Lake Road, Rudyard, Leek, Staffs, ST13 8RN, and your confirmation will be posted to you.

Please make cheques payable to Macclesfield Harriers