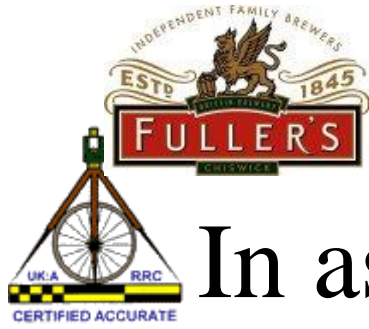


# West 4 Harriers Presents the Twentieth Annual



# Fuller's Thames Towpath Ten



## In association with ASICS

AWAITING PERMIT

The course is **unsuitable** for wheelchairs or dogs

AWAITING PERMIT

A TEN MILE MULTI-TERRAIN RACE FROM CHISWICK INCORPORATING PATHS IN KEW AND RICHMOND



**Street Parking**  
Close to start



**Full changing facilities** male & female



**Food, beverages & licensed bar**



**Memento to all finishers + full prize list**



**Largely Traffic Free Course**

## 9.30 a.m. Sunday 18<sup>th</sup> April 2010

University of Westminster Sports Ground, Hartington Road, Chiswick, W4 (near Chiswick Bridge)

**Prizes:** Comprehensive prize list including age categories and team prizes.

**Teams:** Men, four to score; Women, three to score

**Course records:** Men 50:21 (Hugh Jones 1991)

Women 54:52 (Sue Reinsford 2000)

**Closing Date** 4<sup>th</sup> of April

**Entry fee** £12.00 (UKA club members)

Unattached: £14.00

**NO entries on the day. Limit 600**

**A percentage of each entry fee will go to charity**

Your race number and information will be posted 14 days before the event

Race info from [TTT@West4harriers.org](mailto:TTT@West4harriers.org) Entry forms to: TTT Race, 25 Grasgarth Close, Acton, W3 9HS



**Please make cheques payable to: WEST 4 HARRIERS**

FORENAME \_\_\_\_\_ SURNAME \_\_\_\_\_ SEX (M/F) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POST CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ AGE ON RACE DAY (minimum 16) \_\_\_\_\_

CLUB/TEAM (if applicable) \_\_\_\_\_ AFFILIATED TO UKA Y/N \_\_\_\_\_

ENGLAND ATHLETICS AFFILIATION No: \_\_\_\_\_

**WAIVER:** In entering this race, I declare that I will run as defined by the rules of the UKA, AAA of E and SEAA, and that I intend to run entirely at my own risk. The information on this form will be held on computer for future mailings and may be passed to Runners world. If you do not wish to receive mailing from Runners world please tick the box  I agree that I am medically fit and understand that I enter this race at my own risk and that the organisers, West 4 Harriers, will not accept any liability for injury or loss of property arising from or as a result of this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**CLOSING DATE 4th of April 2010**

**Event Covered**  
**By Level 1**  
**First Aid**

