

15 mile Cross Country Race
Saturday 24 March 2012

Orion Harriers
Jubilee Retreat
Bury Road
Chingford E4 7QJ

The 58th Orion 15

10:30am Start
Entries Close - 20 March



The Event Starts and Finishes on Chingford Plain, Chingford E4 7QJ
Under UKA & ECCU rules
-A short walk from the clubhouse and nearby parking -

PLEASE NOTE: THERE IS NO PARKING AT THE CLUBHOUSE



The race starts (10:30am) flattish but don't be misled as the course becomes progressively more difficult and those who charge into the Forest, eyeballs out from the start, will regret it later. The race takes its course through the Bridle Paths and Tracks of Epping Forest and anyone who thinks Essex is flat will think again after this race. We look forward to welcoming back the many who return year after year but we also welcome those trying this classic race for the first time. You will not be disappointed.

Much more information can be found at <http://www.orionharriers.org.uk/fif15.htm>

ENTRY FORM
Reminder – Start Time - 10:30

The Orion 15 is free to enter but, as in previous years, we ask that you consider making a donation as a means of supporting the club and to enable us to continue organising this race.

In January 2011 Orion Harriers was granted Community Amateur Sports Club status, so enabling it to claim Gift Aid on all donations made by eligible UK Tax Payers. Presently this means the Club can claim a minimum of 25p for each £1 donated. We hope that you will be able to further support the Club by gift aiding your donation where possible. It's simple to do, just sign, date and tick the declaration below.

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I am a UK tax payer and would like Orion Harriers (a Community Amateur Sports Club) to regard the enclosed donation of £ _____ as a Gift Aid donation. I confirm that I have paid an amount of UK income or capital gains tax equal to any tax reclaimed.

Signed: _____ Date: _____ Gift Aid: _____ (please tick)

Full Name and Title: _____

Address and Post Code: _____

Age on 24/03/12 _____ Club (if applicable) _____

Email Address _____

Contact Name and Number in the event of an emergency: _____

By signing the above I also declare that:

- I am eligible to represent the club for which I am entering. I am an Amateur as defined by the Laws and Rules of UKA and ECCU and will have reached the age of 18 on the day of the race. I agree to abide by the instructions of the Marshals and to take all possible care in crossing roads. I acknowledge that Orion Harriers have no legal responsibility for my safety or wellbeing.
- **I am aware that if I reach the 8 miles point more than 1 hour 30 minutes after the start of the race I will be asked to retire and undertake to do so.**

We look forward to seeing you on the day!!!!

Please make Cheques payable to **Orion Harriers** and enclose a **FIRST CLASS STAMPED AND ADDRESSED ENVELOPE** (for return of your number and additional race information) to Orion Harriers Orion 15 c/o Andrew Dodd 224 Hale End Road Woodford Green IG8 9LZ.

Many thanks in anticipation of your donation.