

Hallam Chase 2008

Tuesday 27th May 2008, 8pm start Hallam Cricket Ground

Under UK Athletics Laws, Permit number 10524.

Minimum age 18 years on the day of the race

3.25 miles with 800' of climb, from the Hallam Cricket Ground to Stannington Church, returning by same route. The race is **VERY** hilly and involves running down and then back up the famous Den Bank. Race records go back to 1862.

This is a "challenging" race and is a handicap event.

Warning - this race should only be attempted by those who can live up to its great tradition.

There will be a crowd who will be eager to offer you advice on how to run up **Den Bank**. Those quaffing beer at the **Rivelin Hotel** will also encourage you as you pass by.

You will be marked with a coloured dye at **Stannington Church**, to prove that you have been to the furthest part of the course.

Open to male and female runners who are members of one of the clubs affiliated to South Yorkshire County District Athletic Association.

THERE IS A £100 PRIZE FOR BREAKING THE MEN'S OR WOMEN'S RECORD.

John Spencer will handicap the event. He will seek the guidance of wise people from the other South Yorkshire Clubs. **The best way of getting a fair handicap is to submit some details of your race times this year** - Trunce, South Yorkshire Road League, 5K and 10K times, previous Hallam Chase times etc. In the absence of any information your handicap may not be generous:

Entries by 22th May to:

Richard Patton, Springfield, The Hills, Bradwell, Hope Valley, S33 9HZ

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Entry Fee £4.00 cheques made payable to Hallamshire Harriers Sheffield
Entry closes on Wednesday 22nd May - limited **entry on the day £5.00** and run from scratch mark i.e. no handicap given if places are available.

Name:	Club:
Address:	Date of Birth: DD / MM / YYYY
Postcode: /	Age on day of race: years
	Tel:
Include some race times to assist in handicapping:	

The above details are correct and I understand the declaration below.

Please Sign here: _____ No confirmation will be sent

WE WILL TAKE ALL REASONABLE PRECAUTIONS TO ENSURE THAT THE EVENT IS SAFE. RECORDS OF THIS RACE GO BACK TO 1862. YOU SHOULD BE AWARE OF THE FACT THAT A RISK ANALYSIS SHOWS THAT THE COURSE NOW CROSSES AND RE-CROSSES FOUR BUSY ROADS AND THE FAMOUS DEN BANK IS VERY STEEP. **PLEASE TAKE CARE.**

Hallamshire Harriers Sheffield

