



## SOUTH LONDON HARRIERS

INAUGURAL

ALF SHRUBB MEMORIAL 5 MILE CROSS COUNTRY RACE

(INCORPORATING THE GIBB CUP)

2:30 P.M. SATURDAY 6<sup>TH</sup> OCTOBER 2018

ENTRY FEE:

ADVANCE

£8 AFFILIATED

£10 UNAFFIL.

ON THE DAY

£10 AFFILIATED

£12 UNAFFIL.

FREE TO SLH

MEMBERS



INDIVIDUAL

PRIZES

TEAM PRIZE

FINISHER'S

MEDAL

TEA & CAKES

HOT SHOWERS

LICENSED BAR

(ENTRY FORM ON REVERSE)

**Alfred Shrubb** was born in Slinfold, West Sussex, and became one of the finest runners this country has produced. Between 1903 and 1904, as a member of South London Harriers, he held 15 world records, claiming seven of these in one race at Ibrox on November 5<sup>th</sup> 1904. He was also twice International CC champion, four times English National CC champion and AAA champion at 10 and 4 miles for four consecutive years. He was inducted into the England Athletics Hall of Fame in 2009. This race is to commemorate this great athlete.

**James Gibb** was an early member of South London Harriers and a very fine runner during the 1870s. The “Gibb” Cup 5 mile cross country championship is SLH’s longest running club championship having been first run in 1878.

### Course

A classic 5 mile Cross Country course on undulating footpaths and tracks over Farthing Downs and Happy Valley in Coulsdon, Surrey.

### Prizes

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male and female finishers

1<sup>st</sup> MV40, MV50, MV60, MV70, LV35, LV45, LV55, LV65

Prize for best Alf Shrubb lookalike

All finishers will receive a replica of the medal won by Shrubb for breaking the world 3 mile record in 1902

### Entries

Online entries may be made via South London Harriers’ website, [www.southlondonharriers.org](http://www.southlondonharriers.org)

Alternatively,

PLEASE complete and return this form with your fee and a stamped addressed envelope to:

13 WOODMANSTERNE ROAD, COULSDON, SURREY, CR5 2DG

(Please make cheques payable to South London Harriers)

SURNAME			
FIRST NAME/S			
ADDRESS			
MALE / FEMALE		DATE OF BIRTH	
AFFILIATED CLUB			
UKA NUMBER			

(Postal entries close 29<sup>th</sup> September)

I am medically fit and fully understand that I enter at my own risk and that the organisers, South London Harriers, or any associates will not accept any liability for any injury sustained or loss of property arising from or as a result of the event.

Signed ..... Date .....