

**HALO ENTRY ON THE DAY FORM  
Houghton Wood: March 30th 2014**

- Please complete all details before going to Registration

BOF Number  (leave blank if not a BOF member)

SI Card Number  (leave blank if hiring an SI card)

SI Card Hire £1.00                                  Hired              YES / NO

First name & Surname

Club       Course       Age Class

(Course Information is on the back of this form)

Address & telephone (if hiring an SI Card or travelling alone)

Tick appropriate fee:

Senior £5.00 (White - Light Green)

Senior £8.00 (Very Short Green - Black)

Junior £3.00 (all courses)

SI Card Hire £1.00

SAFETY : Vehicle Reg. No

**Please Note:**

- Remember to download, even if you retire.
- The information on this form may be recorded on a computer.

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### Course Information

Course	Technical difficulty	Approx length (km)	Age Class recommendations
White	Easy	1.5	Younger beginners
Yellow	Easy/ Moderate	2.5	M10; W10; Older beginners
Orange	Moderate	3.0	M12; W12; Adult beginners
Light Green	Fairly hard	3.6	M14; W14
Very Short Green	Hard	3.6	Long: W75 Short: W55-65
Short Green	Hard	4.5	Long: M75-80;W65-80 Short: M65-70; W45-60; W18-20
Green	Hard	5.0	Long: M65*; M70; W55-60 Short M55-60; W35-40; M18-20 W16
Short Blue	Hard	5.5	Long: M65; W45-50; W18-20 Short: M45-50; W21
Blue	Hard	6.5	Long: M55-60; W35-40 Short: M35-40 M16
Short Brown	Hard	7.5	Long: M45-50; W21; M18-20 Short: M21
Brown	Hard	8.5	Long: M35-40
Black	Hard	10.0	Long: M21

\*Any M65L who wishes to run Short Blue (the BOF recommended colour for M65-69) will still count for the YOS, their points in the YOS being based on their minutes per kilometre (adjusted for height gain).

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