



...Hoad Hill Harriers...



... SUMMER 10k & 1mile Fun Run ...

Wednesday 21st August 2019

...PERMIT tbc...

Fun Run start 6.30pm 10k start 7.00 pm

Glaxo Sports Club, North Lonsdale Rd, Ulverston Cumbria LA129DR

Prizes for 1st 5 in male, female and all vet categories.

Team prizes 1st 3 count (club vests must be worn)

Medals for all finishers, Medals to all fun runners.

Postal Entries; Ulverston Summer 10k, Glaxo Sports Club, North Lonsdale Rd, Ulverston Cumbria LA129DR

Cheques made payable to GSK HOAD HILL HARRIERS

Closing date Wednesday 14th August

Online entries available; www.ukroadraces.info and www.hoadhillharriers.co.uk

Entries on the day from 5.30pm in the sports hall.

PRE-ENTRY FEES -£10 EA CLUB RUNNERS £12 Non EA CLUB RUNNERS

On the night entries additional £2 entry fee

10k minimum age 15

£2 FUN RUN

Fun run under the age of 8 must be accompanied by an adult

Parking on site, changing, toilet facilities and refreshments.

Sponsored by;

Pete Bland Sports, GSK, Steve Martin Associates..



...Glaxo Hoad Hill Harriers...

.....10k entry form.....



.....DOB AGE.....

ADDRESS

PHONEMALE/FEMALE

ENGLAND ATHLETICS REG. NUMBER

REGISTERED CLUB

I agree by entering this race that I am over 15 years old (10k) and that I am medically fit to run and shall ensure my personal safety and of my fellow competitors and road users. I agree that the organisers are not responsible for my safety.

"You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category."

SIGNED DATE