



Hoad Hill Harriers



Monument 5K & 1mile Fun Run

Wednesday 13th September 2023

Fun run start: 6.15pm 5K start: 6.45pm

...PERMIT tbc...

Prizes for first 3 in male and female, first U18s and all vet categories.

Team prizes **(CORRECT CLUB VESTS TO BE WORN)** for male and female – first 3 to count.

Medals to all fun runners and prizes to all 5k finishers

5k minimum age 12

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

Postal entries to: Ulverston Monument 5k,

GSK Sports Club, North Lonsdale Road, Ulverston, Cumbria, LA12 9DR

CHEQUES PAYABLE TO GLAXO HOAD HILL HARRIERS

Closing date: Wednesday 6th September

On line entry available via <https://bookitzone.com> and www.hoadhillharriers.co.uk

ENTRIES on the day from 5.30pm in the Sports Hall (CASH ONLY)

PRE-ENTRY: £8 EA CLUB RUNNERS, £10 Non EA RUNNERS,

On the night: Extra £3 entry

FUN RUN £3

Sponsored by Pete Bland Sports, GSK, Steven Martin Associates



Glaxo Hoad Hill Harriers

5k entry form



NAME DOB AGE.....

ADDRESS

PHONE MALE/FEMALE

ENGLAND ATHLETICS REG. NUMBER

REGISTERED CLUB

**I agree by entering this race that I am over 12 years old (5k)
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