



...Hoad Hill Harriers...



# ...Xmas Pudding 10k & 1mile Fun Run...

Sunday 1<sup>st</sup> December 2019

...PERMIT tbc...

Fun Run start 11.00am      10k start 11.30am

Glaxo Sports Club, North Lonsdale Rd, Ulverston Cumbria LA129DR

Prizes for 1<sup>st</sup> 5 in male, female and all vet categories.

Team prizes 1<sup>st</sup> 3 count (club vests must be worn)

Xmas puddings for all 10K finishers, Medals to all fun runners.

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

(Cheques payable to GSK Hoad Hill Harriers)

Closing date Sunday 24<sup>th</sup> November

Online entries available; [www.bookitzone.com](http://www.bookitzone.com) and [www.hoadhillharriers.co.uk](http://www.hoadhillharriers.co.uk)

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

Entries on the day from 10.00 am in the sports hall.

On the day entries-extra £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.....



NAME ..... DOB ..... AGE.....

ADDRESS .....

PHONE ..... MALE/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 .....