



...Hoad Hill Harriers...



Xmas Pudding 10k & 1mile Fun Run

Sunday 2nd December 2018

PERMIT 2018-34972

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Fun run; 11.00am 10K; 11.30am

Glaxo Sports Club, North Lonsdale Rd, Ulverston Cumbria LA129DR

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

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

Christmas puddings to all finishers

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

Closing date 25th November

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

Entries on the day from 10am in the sports hall.

£8 EA CLUB RUNNERS £10 Non EA CLUB RUNNERS

FUN RUN £2

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

10k minimum age 15

Parking on site, changing, toilet facilities and refreshments.

Sponsored by;

Pete Bland Sports, GSK, Steve Martin Associates and Coniston Outdoors



...Glaxo Hoad Hill Harriers...



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

NAMEDOB 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