

GSK HOAD HILL HARRIERS  
**ULVERSTON CHARTER**  
**5K ROAD RACE**

Sunday 4<sup>th</sup> September 2011.

Start time : 2.00pm

+ 1 Mile Fun Run starting at 2.05pm

Course records : Dom Bannister Shaftsbury Barnet 14.28 (2007)

Julia Henderson Helensburgh AAC 18.10 (2007)

From Coronation Hall Ulverston– Signposted from A590



Race Permit Number : Applied for

Course is unsuitable for wheelchair athletes.

Sponsors: The Bed Brigade, Pete Bland Sports, GSK.

Steven Martin & Associates Ltd

Prizes for first 3 men and 3 ladies, first in each age category plus first team of 3.

Entries to : Ulverston 10k, GSK Sports Club, North Lonsdale Rd, Ulverston, Cumbria,  
LA12 9DR.

Entry Fee : Attached £4 Unattached £6 Fun Run £2

Cheques payable to 'GSK HOAD HILL HARRIERS'

Please enclose a stamped addressed envelope – closing date 22nd August

Further information : Phone 01229 482320 or Website : [www.hhharriers.fsnet.co.uk](http://www.hhharriers.fsnet.co.uk)

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Entry form: I want to enter the 5k

PLEASE WRITE CLEARLY

Fun Run

Name : \_\_\_\_\_ Club : \_\_\_\_\_

Address : \_\_\_\_\_

Post Code : \_\_\_\_\_ Telephone : \_\_\_\_\_ Male /Female : \_\_\_\_\_

Date of Birth : \_\_\_\_\_ Age on race day : \_\_\_\_\_ EA Number : \_\_\_\_\_

I hereby declare that I am over 14 years of age (5k), an amateur and that during the race I shall do everything possible to ensure the safety of myself, fellow competitors and other road users. I am medically fit to participate in this event and I agree that the organizers are not responsible for my safety. The race is being run under UKA rules. I agree to abide by race officials instructions.

Signed : \_\_\_\_\_ Date : \_\_\_\_\_