

GSK HOAD HILL HARRIERS
**ULVERSTON SUMMER 10K
ROAD RACE**

Wednesday 10th August 2011.

Start time : 7.15pm

+ 1 Mile Fun Run starting at 7.20pm

From Glaxo SmithKline Sports Club – Signposted from A590



Race Permit Number : Applied for

Sponsors: The Bed Brigade, Pete Bland Sports, GSK, Steven Martin & Assoc Ltd, Coniston Outdoors.

All finishers to receive a memento. Prizes for first 5 men and ladies, first and second in each age category plus first and second teams of 3.

Course is unsuitable for wheelchair athletes

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

Entry on the day : Attached £6 Unattached £8 Fun Run £2

Cheques payable to 'GSK HOAD HILL HARRIERS'

Postal entries close : 1st August – Please enclose S.A.E.

Further information : Phone 01229 482320 or Website : www.hhharriers.fsnet.co.uk

PLEASE WRITE CLEARLY

Entry form: I want to enter the 10k

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 15 years of age (10k), 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 organisers are not responsible for my safety. This race is being run under UKA rules I agree to abide by race officials instructions.

Signed : _____ Date : _____