

GSK HOAD HILL HARRIERS  
**ULVERSTON XMAS PUDDING**  
**10K ROAD RACE**

Sunday 4th December 2011.

Start time : 11.00am

+ 1 Mile Fun Run starting at 11.05am

From Glaxo SmithKline Sports Club – Signposted from A590

Race Permit Number : Applied for



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

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

Course records : Andi Jones Salford Harriers 30.31 (2004)

Louise Gardner Lancs Morecombe AC 35.12 (2008)

Course is unsuitable for wheelchair athletes

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

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

Cheques payable to 'GSK HOAD HILL HARRIERS'

Postal entries close : 22nd November – Please enclose S.A.E.

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

**PLEASE WRITE CLEARLY**

Entry form: I want to enter the 10k

☐

Fun Run

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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 : \_\_\_\_\_