

GSK HOAD HILL HARRIERS ULVERSTON CHRISTMAS PUDDING 10K & 1 MILE FUN RUN

Date: Sunday December 5th 2010
Time: Start 11.00am, Fun Run Start 11.05am

Thank-you for your entry

- Your number is enclosed. This needs to be pinned on your front. Please keep it safe. A limited number of pins will be available on the day. Please ensure your number is not folded to a smaller size and is pinned to the front of your running vest.
- Changing, showers and toilets will be available in the Sports Hall complex.
- The race route will be well marked. We will have plenty of marshals, signs and bunting out on the day to ensure you stay on track.
- Water and squash will be available at the finish.
- Tea & coffee will be available after the run for a small donation, which will go to charity. Priority for refreshments will be given to runners. There is also a bar in the Sports Hall complex.
- Prize presentation will be at approx. 12.45pm, possibly a bit later. There are prizes for the first 5 finishers plus the first two in each 5-year veteran category. Prizes will be awarded to the first two teams. There will also be junior & spot prizes, so it is worth staying!! There will be prizes for the first three boys and girls in the fun run.

