

GSK HOAD HILL HARRIERS



# ULVERSTON CHARTER 5K RACE

Sunday 5<sup>th</sup> September 2010.  
Start time: 2.30pm+ 1 Mile Fun  
Run starting at 2.00pm

From the Coronation Hall Ulverston- Signposted from A590

Race Permit Number: Applied for

Course is unsuitable for wheelchair athletes.

Course records: Dom Bannister Shaftsbury Barnet 14.28 (2007)

Julia Henderson Helensburgh AAC 18.10 (2007)

## Sponsors: Pete Bland Sports, GSK.

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 27<sup>th</sup> August

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

Entry form: I want to enter the 5k

Fun R

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

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

Telephone: \_\_\_\_\_ Male /Female: \_\_\_\_\_

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

I hereby declare that I am over 14 years of age, 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. This event is run under England Athletics guidelines and I agree that the organisers are not responsible for my safety.

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

