

GSK HOAD HILL HARRIERS

# ULVERSTON XMAS PUDDING 10K



Sunday 5<sup>th</sup> December 2010.  
Start time: 11.00am  
+ 1 Mile Fun Run starting at  
11.05am

From Glaxo SmithKline Sports Club Ulverston- Signposted from A590  
Race Permit Number: Applied for  
Course is unsuitable for wheelchair athletes.  
Course records: Andi Jones Salford Harriers 30.31 (2004)  
Louise Gardner Lancs/Morecombe AC 35.12 (2008)

## Sponsors: GSK Pete Blands 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.

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

: Attached £6 Unattached £8 Fun Run £2

Cheques payable to 'GSK HOAD HILL HARRIERS'

Please enclose a stamped addressed envelope - closing date 22<sup>nd</sup> November

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 10k

Fun Run

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

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

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

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

**I hereby declare that I am over 15 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: \_\_\_\_\_