

HOPE RISING 5K & 10k CROSS COUNTRY RUN



Organised by Hope Rising in conjunction with Christchurch Runners, in accordance with UKA Rules Permit TBA. Monies raised going to Hope Rising Charities

www.hoperising.co.uk

Sponsorship Form Available on line

Saturday 19th February 2011

Start & Finish: Avon Tyrrell Activity Centre, Bransgore, Hampshire BH23 8EE

5K & 10K run starting at 11am

CLOSING DATE 10th February

Entry Fee (Non Refundable): £7.00 (UKA Affiliated Club Runners), £9.00 (Non-Affiliated Club Runner) (Cheques payable to HOPE RISING, P. O. Box 4626, Ringwood, Hampshire, BH24 2NL)

A Memento to all finishers

Prizes for 1st, 2nd & 3rd runners

Complete and detach the Entry Form, send appropriate fee and a S.A.E. (9"x6") to: Race Secretary,

HOPE RISING 5K & 10K CROSS COUNTRY RUN – 19th FEBRUARY 2011

Surname.....Forenames.....

Address.....

.....Postcode.....

Date of Birth.....Gender M/F..... E-Mail.....

Tel Numbers & STD Code(Home).....(Work).....

Do you suffer from any Medical Condition? (If yes please state?).....

UK Athletics Affiliated Club.....

(If not a member of a UK Athletics Affiliated Club, State Unaffiliated)

I declare that I am an amateur as defined by UK Athletics. I agree to abide by the current laws of competition of UK Athletics. I am medically fit to run. I agree that I enter at my own risk and that the organisers will in no way be held responsible for any injury, illness, accident to my person or loss of my property as a result of my participation in this event. Data Protection Act: Entry details may be stored on a computer disk. Submission of this entry is taken to indicate that the entrant does not object to having his/her details so recorded

Minimum age is 14 and all runners under the age of 18 must have parents or guardians consent to participate in the run

Signature.....

Date.....

Complete and detach the Entry Form, send with appropriate fee and a S.A.E. (9"x6") to:
Race Secretary, HOPE RISING, P. O. Box 4626, Ringwood, Hampshire, BH24 2NL