

Hurstbourne 5



Multi-Terrain Race

Sponsored by

Fast Forward Running, Basingstoke

www.fastforwardrunning.co.uk

Saturday 18th April 2009

Under UK Athletics Rules

Licence No.: 20090084



A five-mile multi-terrain race in the heart of the beautiful North Wessex Downs, starting in the village of Hurstbourne Tarrant and following part of the Test Way, before meandering through woods and farmland back to the village.

All proceeds go to the Hurstbourne Tarrant Village Hall Fund

Start: George V Playing Fields, Church St, Hurstbourne Tarrant, Hampshire, SP11 0AX.

Time: 11am. Please assemble at 10:50 for the race briefing.

Parking: Ample free off-road parking two minutes' walk from the start (donations welcome though!).
Please do not park on the road or in the Parish Car Park, as this could delay access for emergency services.

Facilities: Toilets, First Aid, Refreshments.

Prizes: 1st three males, 1st three females, 1st vet male (V40+), 1st vet female (V35+).
T-shirt for all finishers.

Restrictions: Minimum age on race day is 15. Unfortunately, the course is not suitable for wheelchairs, bicycles, pushchairs or prams, owing to the hilly and uneven terrain. The layout of the course also prohibits participation by walkers.

Fun Run: 2K fun run starts at 10am. Free to enter, but donations welcome.

Massages: A physiotherapist will be on-site to give pre- and post-race massages (for a donation to the Community Hall fund).

Entries: **By post** - to 'Hurstbourne 5', The Old Saddlery, Church Street, Hurstbourne Tarrant, Hants, SP11 0AX (Closing date 3rd April). Please include 9x4" SAE.

On the day – entries welcome until 10 minutes before the start.

On line – <http://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=47715>

Race Limit: 200 competitors

Results: Will be posted on the race website: <http://www.hbt.org.uk>

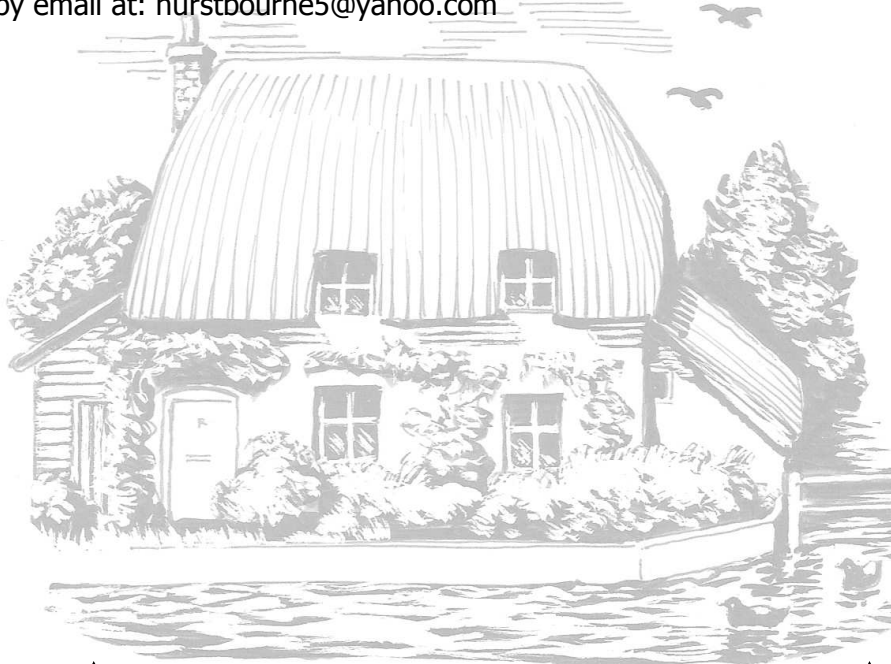


Fast Forward Running

www.fastforwardrunning.co.uk
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For all queries, please check the race website: <http://www.hbt.org.uk> or contact the race organiser by email at: hurstbourne5@yahoo.com



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Please keep this portion of the entry form for your own records



Hurstbourne 5 Multi-terrain Race

Surname First Name.....

Address.....

Postcode..... Phone number.....

Date of Birth..... Age on Race day

Male / Female (Please delete where appropriate) T-Shirt Size (M/L/XL).....

Member of UKA affiliated club:..... Yes / No*

Name of club.....EA Registration number.....

Entry Fee: £8 affiliated, £10 non-affiliated, £2 extra on the day.

Please make cheques payable to Hurstbourne Tarrant Development Trust

I agree to abide by UKA rules, and declare that I am an amateur competitor and will compete on foot, at my own risk and will not run on the day unless fit to do so. Also I will not hold the Hurstbourne Tarrant Development Trust or its' representatives responsible for any loss, damage, action, claim, injury or illness that may arise as a result of my participation.

No refunds or deferred entries will be allowed in the event of withdrawal or cancellation due to unforeseen circumstances.

SignedDate.....