

Hurstbourne 5

Multi-Terrain Race

Saturday 4th May 2019, 11am

Under UK Athletics Rules Licence No.: 2019-36764

The eleventh running of this challenging off-road race in the heart of the beautiful North Wessex Downs, starting in the village of Hurstbourne Tarrant and following part of the Test Way through woods and farmland.

All proceeds donated to local charities

Parking: Weather permitting, ample free off-road parking close to the start (SP110AX).

Facilities: Changing rooms, showers, toilets, first aid, refreshments, baggage storage.

Prizes: 1st three males, 1st three females, 1st male 40+, 50+, 60+ and 1st female 35+, 45+, 55+, 1st Villager (resident of HBT/Ibthorpe). King & Queen of the hill. **Technical T-Shirt for all entries received by 20th April.** T-shirts distributed on a first-come-first-served basis for late entries.

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 or runners with dogs. Under UKA rules, headphones are not permitted.

Entries: **By post** - to 'Hurstbourne 5', The Old Saddlery, Church Street, Hurstbourne Tarrant, Hants, SP110AX (Closing date 20th April). **Please include 9x6" SAE.**

On the day – entries welcome until 30 minutes before the start, or until race limit of 300 reached

Online –  WE ARE ROAD RUNNING

Fun Run: 2K fun run starts at 11.05am. Suggested donation £5. Race limit 150 competitors

Surname First Name

Address

Postcode..... E-Mail Address

Date of Birth.....Age on Race day..... Phone number Male / Female*

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

T-Shirt Size: S/M/L/XL/XXL* Where did you hear about this year's race?.....

Entry Fee: £11 EA affiliated £13 non-affiliated, £2 extra on the day. (*Please delete as appropriate)

Please make cheques payable to Hurstbourne Tarrant Community Centre

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. In the event of a medical emergency, I consent for my personal and medical details to be released by the medical team to the race organiser to inform next of kin and statutory authorities.

No refunds or deferred entries will be allowed in the event of withdrawal or cancellation due to unforeseen circumstances. Under 18's must seek permission from a parent or guardian.

Signed (Runner/Parent Guardian*) Date.....

Thank you to our sponsors:   

More information at: www.facebook.com/HBT5RACE or www.hurstbourne5.org.uk

Race Number

For official Use