

Please Note - All running numbers will be sent out from the 16th April onwards. However places will be allocated on a first come, first served basis.

**Sunday 16th May 2010
at Hook Schools**

**Site Opens... 09:30
First Race... 11:00**

2.5 Miles: There are two 2.5 mile runs, both on the same course around the village, with the second one (the Fun Run) starting a few minutes after the first (the Race). Minimum age for both runs is 5 years.

Keen runners who want to record a good time are advised to enter the 2.5 mile Race. The Fun Run is suitable for young families, less serious runners and people in fancy dress.

We may need to switch you to a different run from your preferred option to balance up the numbers. If you want to run with a friend or family member your entry forms should be submitted together in one envelope and we will do our best to honour your request. You will not be able to switch runs on the day.

Both of the 2.5 mile runs will be timed with full combined results published on our web site. Age group prizes will be awarded to the eligible person who records the fastest time in either of the two runs.

6 Miles: The route goes around the village and joins up with the latter stages of the 10 mile course. Run under UK Athletics rules, the minimum age is 16 years.

10 Miles: The route goes around the village of Hook before heading north and west of the village on undulating country lanes. Run under UK Athletics rules, the minimum age is 16 years.

Toddlers: There will be a race on the school playing field at 10.45 for Under-5's. Entry £1 on the day.

Please note that the swapping of numbers is strictly forbidden. Anybody who runs using a number supplied to another entrant will not be covered by our insurance and may be barred from entering in future years.

Course maps, more information and results available at www.hookfunrun.com

Terms and Conditions:

1. Fellow competitors and marshals are to be treated with respect at all times during the event. Any unsuitable behaviour will result in disqualification.
2. No rollerblade entries. Wheelchair and pushchair entries will only be accepted by prior agreement.
3. Parents remain responsible for their children at all times.
4. Individual fancy dress is welcome in the 2.5 mile fun run but please try not to obstruct fellow competitors.
5. No smoking on the site. No dogs are permitted, except guide dogs.
6. The Hook 6 mile and 10 mile races are organised under the rules of UK Athletics and all competitors must be amateurs as defined under those rules.
7. For the 10 mile race only all competitors must be able to complete the course in less than 1 hour and 45 minutes. This is in order to comply with Police guidance.
8. Entry fees can be refunded (less £2 admin. fee) if your written notification is received, together with your running number, no later than Thursday 6th May 2010. No refunds after that date.
9. It is the responsibility of all entrants to make sure that they know the courses. Maps are available on our website and will be displayed on the day. All 2.5 mile entrants must keep to footpaths.
10. Please note that the 6 mile race has been officially measured as 5 miles 1720 yards.
11. Strictly no cars or bikes to follow runners around the course.
12. In all matters the committee's decision is final and no correspondence can be entered into.
13. The committee reserve the right to withdraw any entrant that fails to comply with these Terms and Conditions.

If you need to contact us before the event please email us at 'team@hookfunrun.com'

Strict Entry Limit

Definitely no late entry on the day

PLEASE KEEP THIS SECTION



Hook Fun Run & Road Race Entry Form

Sunday 16th May 2010



You can also enter online via our website www.hookfunrun.com

| 2.5 Miles Race | 2.5 Miles Fun Run | 6 Miles | 10 Miles |
|---|---|--|---|
| <input type="checkbox"/> £6.00 over 16 | <input type="checkbox"/> £6.00 over 16 | <input type="checkbox"/> £10.00 Unaffiliated | <input type="checkbox"/> £12.00 Unaffiliated |
| <input type="checkbox"/> £5.00 16 and under | <input type="checkbox"/> £5.00 16 and under | <input type="checkbox"/> £8.00 UKA Affiliate | <input type="checkbox"/> £10.00 UKA Affiliate |

Only one entry per form

Photocopies are OK

PLEASE PRINT IN CAPITALS

Full Name : _____

Address : _____

Postcode : _____

Age on Race Day : _____ **Sex :** Male Female

(Note: Minimum age is 16 years for 6 & 10 miles, and 5 years for 2.5 miles)

Affiliated Club (if any) : _____

Contact Telephone No : _____

Email Address : _____ (CAPS)

I agree to abide by the terms and conditions of the event. I will follow all instructions given by race officials. I am not under the minimum age to compete in my chosen event. I accept that the organisers cannot be held liable for any loss, damage, costs or expenses that may arise in consequence of my participation in this event. I will only compete if I am in good health on the day of the run and will do so entirely at my own risk. I will not allow my running number, once received, to be used by another person.

I consent to Hook Fun Run holding personal data from this entry form on computer for the purposes of race administration and/or notification about other Hook Fun Run events only. I understand my information won't be shared with third parties.

Signature of entrant (parent or guardian if entrant is under 16): _____

Signed : _____ **Date :** ____/____/____

Due to the popularity of our event we are sometimes oversubscribed. If you are not successful in gaining a place please tick here to donate your entry fee in lieu of a refund.

Do you have any additional information that may be of interest to the race commentator? If yes please tick here and give details on a separate sheet.

I enclose a stamped addressed A4 envelope for the return of my number

Recommended postage on SAE = Large Letter

No SAE...No Number!

Cheques should be made payable to: 'Hook Fun Run'

Please return this form to: 'Hook Fun Run, PO Box 7048, Hook, Hampshire RG27 9WS'

