



HERMITAGE HARRIERS Running Club

The 3rd HERMITAGE 10k

An Open Road Race of 10 Kilometres
ARC race permit number 08/157

Sunday 23rd August 2009 at 11 am

Hermitage Leisure Centre, Whitwick, Leicestershire, LE67 5EU
In conjunction with "Hermitage Leisure Centre"



Supported & Sponsored by:



A scenic countryside run in the Heart of the National Forest, fully measured and marked in kilometres.
Paramedics will be in attendance.

COURSE RECORD HOLDERS: Men - Adam Hickey (Southend) - 2008 - 32:04
Lady - Felicity Milton (Durham University) - 2008 - 34:56

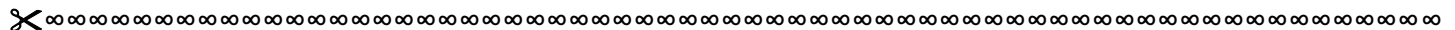
MONEY PRIZES: New Course Record: £30 men's, £30 Ladies
1st man £75, 2nd man £50, 3rd man £25, next male vet £35
1st lady £75, 2nd lady £50, 3rd lady £25, next lady vet £35
1st Junior (under 18) £25 Derby Runner Voucher

PRIZES: First team of 3 affiliated men / First team of 3 affiliated ladies

A percentage of profits raised will be donated to Whitwick Community Coffee Shop. Registered Charity 1124334

EVENT SOUVENIR TO ALL FINISHERS

BOUNCY CASTLE BBQ BAR



The HERMITAGE 10k – ENTRY FORM



Surname: **First Name:** **M / F** (please delete)

Address:
.....
..... **Post Code:**

Email: **DOB:** **Age on Day:**

Club Name: **E.A. Member:** **A.R.C. Member:** (Please ✓ to indicated affiliated body)

EA (runner)/ARC (club) Membership Number :

DECLARATION: I declare that to the best of my knowledge I am medically fit to compete and that I enter at my own risk and agree that the organisers, event directors or sponsors shall not be liable for any accident, injury, loss or damage suffered by me in or by reason of the event. I agree to abide by UK Athletics rules. I am an amateur and 15 years of age or over on the day of the race.

Entry Fee (Non-refundable): £6 (Attached), £8 (Unattached). Entries on the day - £2 extra. Maximum entry 350 runners

Signed **Date**

ENTER BY POST: Send with large stamped S.A.E and cheque payable to "Hermitage Harriers Running Club"
To: HHRC Race Secretary, 5 Nursery Gardens, Charnwood Street, Coalville, Leics, LE67 3DY.

Closing Date for Postal Entries: 17/08/09

Receipt of your entry will be sent via Email (where supplied). Your race number will be sent 2 weeks prior to race day.

Enquiries: Caroline Scrimshaw caroline.scrimshaw@btinternet.com 07760 220922 / 01530 519487 or Andy Buck 07950 397021 / 01530 469180.

OFFICIAL USE ONLY	DATE REC'D:	RACE NO:	DATE RTN'D:
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