



HART ROAD RUNNERS

LORD WANDSWORTH CROSS COUNTRY SERIES 2013-14

Lord Wandsworth College, Long Sutton, Hook, Hants RG28 1TB

17 November 2013
1 December 2013
12 January 2014
23 February 2014
9 March 2014

U15 Girls & U15 Boys	11.00 am	3000m
Senior Age Groups	11.10 am	8000m
U13 Girls & U13 Boys	11.15 am	1500m
U11 Girls & U11 Boys	11.25 am	1000m
U17 Girls & U17 Boys	11.25 am	4500m
U9 Girls & U9 Boys	11.35 am	600m

All age groups follow UK Athletics and English Cross Country Association rules and are defined by age on 31st August 2013

Senior age groups: Junior Men/Women u/19 Senior 20-39 Veteran 40-49 SuperVet 50+

UKA Permit applied for. Race subject to UK Athletics rules. Course measurements are approximate.

Medals for the first three finishers in each age group and a free cake for every runner!

Alton Sports voucher for winner of each age group

Award for series winners in all age groups (best 3 race results to count)

entry fees: children/students £2.50 per race

senior age groups £5 UKA affiliated (**we must have your UKA number**) / £7 unaffiliated per race

Further details from Alison Wigg 07765 348084

ali.wigg@ntlworld.com

Please download and complete the form on the reverse – you may use one form to make up to three entries from one address for ONE race or individuals may use one form to enter one or more races. Postal entries will be taken up to one week before each race – please return completed entry form, with cheque made payable to **Hart Road Runners**, to **HRR LWS, 71 Kenilworth Road, Fleet GU51 3AY**

Entries will be accepted on the day – please bring your completed entry form with you to save time
(**including emergency contact details AND UKA number if relevant**)

Refreshments available for sale with all profits going to the Phyllis Tuckwell Hospice.

Alton Sports
the running, footwear and sports specialist

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SPONSORED BY ALTON SPORTS

Name:		d.o.b.	age group	m/f
School:				
Club:				
UKA Registration No: Senior Age Groups only				
ADDRESS:				
				postcode
Emergency Contact on the day:	Name:			
	Phone:			
Email address for publicity/results:				
Name:		d.o.b.	age group	m/f
School:				
Club:				
UKA Registration No: Senior Age Groups only				
Name:		d.o.b.	age group	m/f
School:				
Club:				
UKA Registration No: Senior Age Groups only				

	race entered: (please tick)	entry fee:	jnrs £2.50 snr UKA (with UKA number) £5 snr non UKA £7	organiser only: race number
Race 1 17 November 2013				
Race 2 1 December 2013				
Race 3 12 January 2014				
Race 4 23 February 2014				
Race 5 9 March 2014				
	TOTAL			

Please enter me/us for the above event(s) for which I enclose £ _____

Any medical conditions we need to be made aware of should be written on the back of your race number.

RACE DECLARATION

I declare that I/my child/children am/is/are medically fit to take part in this event. The organisers have taken reasonable steps to promote the safety of participants but participants must comply with all reasonable instructions from the race organisers or marshals. I am/my child/ren is/are an amateur as defined by UK Athletics and I agree to be bound by their rules on my own, and my children's behalf. I agree that my/my child(ren)'s details may be stored on computer to administer this race and that my/my child(ren)'s name and club and/or school may be published online in the race results.

Signed Date

participant/parent/guardian

PHOTOGRAPHIC IMAGES

Please tick this box if you do NOT give consent to you/your child(ren) having their photograph taken at the event and subsequently used for promotional purposes for future Hart Road Runners Lord Wandsworth Cross Country Series events (this might include website, leaflets, magazine articles)