



# HART ROAD RUNNERS

## LORD WANDSWORTH CROSS COUNTRY SERIES 2015-16

Lord Wandsworth College, Long Sutton, Hook, Hants RG29 1TB

**1 November 2015**  
**6 December 2015**  
**10 January 2016**  
**31 January 2016**  
**6 March 2016**

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 31<sup>st</sup> August 2015

Senior Age Groups: Junior u/19 Senior 20-39 Vet 40-49 SuperVet 50-59 VintageVet 60+

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 per race: junior age groups £2.50  
senior age groups £5 UKA affiliated (**we must have your UKA number**) / £7 unaffiliated

Further details from Alison Wigg 07765 348084 / [ali.wigg@ntlworld.com](mailto: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 UKA number if relevant AND emergency contact details**)

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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LORD WANDSWORTH CROSS COUNTRY SERIES 2015-16  
SPONSORED BY ALTON SPORTS

<b>Name:</b>		d.o.b.	age group	m/f
<b>School:</b>				
<b>Club:</b>				
<b>UKA Registration No: Senior Age Groups only</b>				
<b>ADDRESS:</b>				
				postcode
<b>Emergency Contact on the day:</b>	<b>Name:</b>			
	<b>Phone:</b>			
<b>Email address for publicity/results:</b>	(if not already on mailing list)			
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 ( <b>with UKA number</b> ) £5 snr non UKA £7	organiser only: race number
Race 1 1 November 2015				
Race 2 6 December 2015				
Race 3 10 January 2016				
Race 4 31 January 2016				
Race 5 6 March 2016				
	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 am/my child/ren 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 and released to UK/England Athletics.

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)