



HOLME PIERREPONT GRAND PRIX

June 23rd – July 2nd 2009

Tuesday	23rd June	Holme Pierrepont	10K
Thursday	25th June	Rushcliffe Country Park*	4 miles
Tuesday	30th June	Wollaton Park*	5K
Thursday	2nd July	Colwick Park*	5 miles

*Multi terrain

All races start at 7:15pm and are run under UKA rules

Organised by Holme Pierrepont Running Club - see www.hprcrun.co.uk

Race entries

UKA distance limits for junior runners apply - minimum age is 15 for entry

Please tick the races you wish to enter or Full Series

- ☐ Tuesday 23rd June Holme Pierrepont 10K
- ☐ Thursday 25th June Rushcliffe Country Park 4 miles
- ☐ Tuesday 30th June Wollaton Park 5K
- ☐ Thursday 2nd July Colwick Park 5 miles
- ☐ Full Series (**Free T-Shirt** for entering all four races)

T-Shirt – please select a preference

- ☐ Small ☐ Medium ☐ Large

We will endeavour to provide a t-shirt in your preferred size but cannot guarantee to do so.

Sponsored by



Virgin Active Health Club, London Road, Nottingham

Prizes

Team Cash Prizes (3 in a team) All team members must do all four races and have the same club/team name.

Individual Cash/Voucher Prizes

All categories from 1st Man/Lady to 5th Man/ Lady, 1st Man/Lady V60 and 1st to 3rd Man/Lady V40 & V50.

Presentations & Spot Prizes (retain race number to be eligible) will take place in the centenary bar at Colwick Racecourse after the final race.

Entry fees

FULL SERIES:	£17	UKA Affiliated runner discount fee:	£15
INDIVIDUAL RACE:	£7	UKA Affiliated runner discount fee:	£5

I enclose my entry fee of £ _____ (Enter total amount)

NAME.....

ADDRESS.....

.....POSTCODE.....

AGE*..... CONTACT TEL NO.....

☐ MALE ☐ FEMALE EMAIL.....

CLUB/TEAM NAME.....

*Age on race day

A professional photographer will be present at some races and, if you provide an email address, will notify you if any pictures of you are available. If you do not wish your email to be passed on for this purpose, please tick this box. ☐

Entries on the day accepted if 500 limit not reached.

The entry limit was reached last year! Check on the website www.hprcrun.co.uk

Please make cheques payable to 'Holme Pierrepont Running Club' and return your entry (with an A5 SAE) to Race Secretary Frank Makin, at: 17 Sandhurst Drive, Ruddington, Nottingham NG11 6HY

Closing date for postal entries: 19th June 2009

I am an amateur as defined by UK Athletics, and agree to abide by their laws.

I am medically fit, and understand that I enter race(s) at my own risk.

The organisers and sponsors are not responsible for any illness or injury caused to me during, or as a result of the race(s), nor any property lost or damaged during the event(s).

Signed.....

Date.....

Prize information and team eligibility rules are available on the club website, www.hprcrun.co.uk. Results will also be posted on the website.

Facilities

Toilets at all four locations, changing facilities at Holme Pierrepont and Colwick Park.

Supported by

The City of Nottingham



The Charity

Friary Drop-In, West Bridgford



Permit no.
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