

THE HEREFORD COURIERS 5K SPRING ROAD RACE SERIES 2018

To be run under UK ATHLETICS (UKA) rules (licence applied for). Runners of all standards and wheelchair athletes (with TWO support runners) welcome.

Race 1.....**WEDNESDAY 4th APRIL**

Race 2.....**WEDNESDAY 2nd MAY**

Race 3.....**WEDNESDAY 6th JUNE**

All starting at 7.15 p.m. Including the wheelchair race

VENUE: HEREFORD LEISURE CENTRE, HOLMER ROAD, HEREFORD HR4 9UD.

PLEASE NOTE: THIS YEAR THE ENTRY FEE IS PEGGED AT £8.00 (£10.00 unattached) BUT ENTRY IS IN ADVANCE ONLY. STRICTLY NO ENTRY ON THE NIGHT. ENTER ONLINE OR BY POST.

ENTRY IS FOR THE SERIES AS A WHOLE ONLY. NO INDIVIDUAL RACE ENTRIES. IF YOU WANT TO DO ONLY ONE RACE, YOU MUST STILL ENTER FOR THE SERIES AND DO SO AT LEAST TWO DAYS IN ADVANCE OF THE PARTICULAR RACE/RACES YOU ARE DOING.

With metered parking, changing, shower, toilet facilities and refreshments in the Cafe Bar.

COURSE: The same as has been used for many years, certified accurate, mainly flat, single loop, starting from the Leisure Centre and finishing on the eight lane athletics track.

COURSE RECORDS: M- Dan Robinson 14.24 [2004]; F- Lucy Wright 16.13 [2002].

PRIZES: Series prizes in most categories (5yr vets) including M/F under 15 and under 17, depending on numbers, one prize per person. Age categories as on date of first race. Minimum age 12 y.o on day of race. All three races need to be run to qualify for awards. Category winners decided on number of race wins in category. M and F (affiliated) team prizes, 3 per team, need not be same runners in each race.

RESULTS: Will be displayed in the Cafe Bar on the night and on www.herefordcouriers.com asap.

ENTRY FEE: IN ADVANCE ONLY FOR SERIES: £8 or £10 if unattached.

Either ONLINE at www.entrycentral.com (no extra fees).

Or by post (to arrive at latest two days before race) to:

Max Suff, 1 High Row, Lower Lydbrook, Gloucester, GL17 9PH.
Email: maxsuff@yahoo.co.uk Phone: 01594 861 264
(Cheques payable to Hereford Couriers).

Email acknowledgement only if requested.

Please collect numbers on the night **AND USE IT FOR EACH RACE.** One number....3 races.

FURTHER ENTRY FORMS DOWNLOADABLE FROM: www.herefordcouriers.com

Please provide required personal and medical details in writing on the reverse of your race number.

PTO for entry form

HEREFORD COURIERS 5K ROAD RACE SERIES 2018 ENTRY

(Please complete all sections clearly, using block capitals).

First name:

Last name:

M/F: Age on 4/4/18 Date of birth:

Affiliated club/unattached:

Address: Email:

..... Phone:.....

.....

.....

Wheelchair User (with TWO support runners) :..... (please tick if yes)

Entry fee enclosed: £8 if member of affiliated club / £10 if unattached to an affiliated club. Please delete whichever does not apply.

GENERAL DATA PROTECTION REGULATION (GDPR)

I agree that Hereford Couriers may publish my personal information as part of the event results and may pass such information to EA or affiliated bodies for proper purposes.

I understand and accept that I participate in one or more of these races at my own risk and I absolutely relieve the organisers of any responsibility for any injury, loss or damage to myself or property that I may sustain in the course of or in connection with my participation.

Signed: Date:

(Parent/guardian if under 16. Please also print name.)