

HETHERSETT "RUN THE SQUARE" - Sunday 25th July 2010. Warm-up from 10:30am for 11am start from Hetherset Junior School, Queens Road, Hetherset, Car parking available at Hetherset High School, Queens Road, Hetherset..

- A 2 mile fun run on a flat course through the village of Hetherset.
- Certificate & memento for all finishers.
- Children under 8 must be accompanied by an adult.
- Schools Challenge - prize for most entries.
- Fancy dress allowed - prize for best costume.
- Optional fundraise for a charity of your choice.
- Digital finish clock & gantry.
- Car parking.
- Warm up facility & pre-start coaching from former Olympic athlete - Paul Evans!
- First Aid.
- Marshalled road course on closed roads.
- Water & refreshment stations - free to runners.
- Nominal entry fee to cover costs - £2 Adult, £1 under 16.

ENTRY FORM.

Full name.....

Address.....

.....Postcode.....

Age on race day.....

Telephone.....

Emergency contact/next of kin

Name.....Telephone.....

Do you have a medical condition that organisers should know about?.....

Postal applications enclosing cheque payable to Hetherset Parish Council to:

Hetherset Parish Council

Back Lane

Hetherset

Norwich NR9 3JJ.

Applications also can be handed into the offices of all 4 Hethersett Schools with the entry fee.. There will be no acknowledgement of entries in order to reduce costs - just report to Registration on the day.

I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserves the right to delay, postpone, cancel or not officially time the race in the event of adverse weather conditions or other events outside the organisers control. Photographs and video images of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to used.

Signature.....(Parent if under 8 years old.)