



Hinstock 5K & Fun Run

(Fund raising event for Air Ambulance & Hinstock Tennis Club)

Sunday 27th September 2009 (permit applied for)
Starting at 11a.m.

+ 1 Mile Family Fun Run (Starting at 10:30a.m.)

- Scenic route on road, dirt tracks, fields and paths, some undulating
- Registration and Start for both races at Hinstock Memorial Hall, TF9 2SZ
- Toilets and changing facilities available
- Commemorative token to all runners
- Prizes to 1st 2nd 3rd overall M/F

Hinstock is located off the A41 north of Newport

Entry Fee: Athletic Club members £6.00 Unattached £8.00 Entries on the day £7.00 and £9 (subject to limit being reached)

Cheques payable to: Newport & District Running Club (1 mile family run £1 entries on the day only)

Postal Entries To: with stamped addressed envelope (9" x 6"(C5 size) - **please check postage costs for this size**) to:

Hinstock 5K, 6 Sylvan Close, Lilleshall, Telford. TF10 9EQ

Race number to be collected on race day if no SAE enclosed.

www.newportrunningclub.co.uk

www.funrun.hinstock.com

e-mail: funrun@hinstock.com



Hinstock 5K Race 2009

Name	<input type="text"/>	Club	<input type="text"/>
Address	<input type="text"/>		
Postcode	<input type="text"/>	Gender	<input type="text" value="M/F"/>
		Tel	<input type="text"/>
E-mail	<input type="text"/>	DOB	<input type="text" value="dd/mm/yy"/>
Age on race day	<input type="text"/>	No person under 15 on race day	

I declare that I am medically fit to run. I understand that I enter and run at my own risk and that organisers will not be held responsible for any injury that may occur from taking part in this event.

Signed Date