Please Note - Running numbers will be sent out from the 8th May onwards. Places will be allocated on a first come, first served basis.

Sunday 21st May 2017 at Hartletts Park

Site Opens… 09:30
First Race… 11:00

Events Available

Martin & Co Hook 2.5 Mile: This year there is one 2.5 mile run, incorporating what used to be the separate Fun Run and the Race. Minimum age of 5 years. The route takes runners from Hartletts Park through Hook Business Park and back into the centre of the village to the A30 entrance to Hartletts Park.

William Grant Hook 10K: Back after a highly successful debut in 2016. The route leaves the park and heads north and west of the village on undulating country lanes before returning through the centre of the Village. Run under UKA rules with a minimum age of 15 years on the day of the event. There is a team challenge event for the 10K – please see our website for details

Martin & Co Hook 10 Mile: The route sees runners run around the Village before running out to Rotherwick, through Newnham and back through the centre of the Village to Hartletts Park. The event is run under UK Athletics rules and has a minimum age of 17 years on the day of the event.

Toddlers: *There will be a race before the first race (approx 10.45) for Under-5's. Entry on the day.*

Please note that the swapping of numbers is strictly forbidden. Anybody who runs using a number supplied to another entrant will not be covered by our insurance and may be barred from entering in future years.

Course maps, more information and results available at www.hookfunrun.com

Full terms and conditions can be found on our website at hookfunrun.com/terms

1. Parents remain responsible for their children at all times.
2. Regret no refunds can be given.
3. No pushchairs without prior consent.

If you need to contact us before the event please email us at 'team@hookfunrun.com'

We are an inclusive event so if you have special support requirements please get in touch

Strict entry limit **Definitely no entries on the day**

MARTIN&CO
Letting • Sales • Investment

HOOK FUN RUN & ROAD RACES

Sunday 21st May 2017 ENTRY FORM

RAF RRC CERTIFIED ACCURATE

You can also enter online via our website www.hookfunrun.com

Martin & Co Hook 2.5 Mile Fun Run & Race	William Grant Hook 10K	Martin & Co Hook 10 Mile
☐ £7 over 16	☐ £16 Unaffiliated	☐ £18 Unaffiliated
☐ £6 16 & under	☐ £14 UKA Affiliated	☐ £16 UKA Affiliated

Only one entry per form
Photocopies are OK
PLEASE PRINT IN CAPITALS

Full Name : _____

Address : _____

_____

Postcode : _____

Age on Race Day : ____ **Sex :** ☐Male ☐Female

(Minimum age is **5 years** for **2.5 miles**, **15 years** for **10km** & **17 years** for **10 miles**)

Affiliated Club (if applicable): _____

UKA Reg no. (if applicable) : _____

Contact Telephone No : _____

Email Address : _____ **(CAPS)**

I agree to abide by the terms and conditions of the event and will follow all instructions given by race officials. I accept that the organisers cannot be held liable for any loss, damage, costs or expenses that may arise in consequence of my participation. I will only compete if I am in good health on the day of the run and will do so entirely at my own risk.

I consent to Hook Fun Run holding personal data from this entry form on computer for the purposes of race administration and/or notification about other Hook Fun Run events only. I understand my information won't be shared with third parties.

Signature of entrant (parent or guardian if entrant is under 18):

Signed : _____ **Date :** ____/____/____

Do you have any additional information that may be of interest to the race commentator? If yes please tick here and give details on a separate sheet. ☐

I enclose a stamped addressed A4 envelope for the return of my number

Recommended postage on SAE = Large Letter **No SAE…No Number!**

Cheques should be made payable to: 'Hook Fun Run'

Please return this form to: 'Hook Fun Run, c/o Hook Parish Council Offices, Hook Community Centre, Hook, Hampshire, RG27 9NN