



# Hinstock 10K & Fun Run

(Fund raising event for Local Charities & Hinstock Tennis Club)

**Starting at 11a.m. Sunday 25<sup>th</sup> September 2011** (E.A. permit applied for)  
**+ 1 Mile Family Fun Run** (Starting at 10:30a.m.)

- Challenging but scenic **new 10K** route
- Terrain: road, dirt tracks over fields and paths, some undulating
- Start for both 10K run and Fun Run at Hinstock Memorial Hall, TF9 2SZ
- Toilets and changing facilities available
- Notes for runners and map of the route on [www.newportrunningclub.co.uk](http://www.newportrunningclub.co.uk)
- Commemorative token to all runners
- Prizes to 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> overall M/F and category prizes plus best school team prize
- BBQ, live bands and entertainment at The Falcon Inn all day

Hinstock is located off the A41 north of Newport. Please try to share car transport or offset your journey through <https://climatefriendly.com/car> (WWF, FoE, Greenpeace approved)

Entry Fee: Affiliated Club members £7.00 Unattached £9.00 Entries on the day £10.00 (subject to race limit)  
Cheques payable to: Newport & District Running Club (Fun Run £2 entries on the day only)

**Postal Entries to: Hinstock, 6 Sylvan Close, Lilleshall, Newport. TF10 9EQ**

Entries MUST include your **fully completed and signed form**, a **9"x 6" (C5) stamped addressed envelope**, and **your cheque**. Entries failing to comply exactly with these conditions will not be accepted. If you choose to use a larger envelope, please ensure you have sufficient postage as any **surcharged items will NOT be collected**. Entries received after 18<sup>th</sup> September collect race number on the day.

[www.newportrunningclub.co.uk](http://www.newportrunningclub.co.uk)

[www.funrun.hinstock.com](http://www.funrun.hinstock.com)

e-mail: [funrun@hinstock.com](mailto:funrun@hinstock.com)

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## Hinstock 10K 2011

Race Number:

Category:

Name:..... Club:.....

Is your club affiliated\* to England Athletics? Yes / No\* .....England Athletics Registration (URL) Number.....

Male / Female:.....Date Of Birth(dd/mm/yy):..... Age On Race Day: .....

Address..... Post Code:.....

Mobile:..... E-mail: .....

* Under the terms of our Race License and Insurance agreement, if you are <b>not</b> a member of a club that is affiliated to England Athletics, you must <b>enter and pay</b> as an <b>unattached runner</b> .	I agree to enter and run at my own risk (please tick all boxes) [ ]
	I accept that the organisers will not be held responsible for any injury or damage that may occur from my taking part in this event. [ ]
	I declare that I am medically fit to run and aged over 15 on Race Day [ ]
	I understand and accept the rules concerning Postal Entries (see above) [ ]

Signed.....

Date.....