

Hanworth Half Marathon

Family fun run Hanworth Common Sunday 6th June 2010

Entry form

Name: _____

Name of parent or guardian if under 18: _____

Address: _____

Tel number: _____

Family/friend emergency contact number:
(This must not be the runners own number) _____

Please read and tick the boxes where appropriate:

I am over 18 years of age

I am under 18 years of age and I have the permission of my parent/guardian as above to take part in this event.

I am in good health and physically ready and able to run/walk my chosen target distance.

I understand that I am responsible for ensuring that I am fit enough for the event and the Memorial Hall Committee or any other organiser cannot be held liable for my health.

Signed:
(Parent or guardian if under 18) _____

Date: _____

Registration from 9.30am Run 10.30am

Entry fee £7adult/ over 16 £2.50 under 16 Enclosed/Paid

Please make cheques payable to Hanworth Memorial Hall
Return to Tony Hadlow, Hanworth House, Hanworth Common, Hanworth NR11 7HP

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This is a friendly race which covers three laps of the North Norfolk countryside. The route takes runners (and walkers) across Hanworth Common, then to Metton, Sustead and back to Hanworth.

Money raised goes towards the maintenance and improvement of Hanworth Memorial Hall, the only village facility in Hanworth.

Runners are encouraged to pre-register by completing an entry form and returning it to the address given. Entry numbers will be given out on arrival.

All runners under 16 will be given a medallion for completing at least one lap.

There is a trophy and a small amount of prize money for adult runners in two categories, fastest man and fastest woman. There is also a trophy for the fastest under 16.

This year we are being assisted in the organisation by **North Norfolk Beach Runners** who will be signing the route and timing the runners.

Cyclists, walkers and horseriders are also welcome.
Teas, coffees, light refreshments and a licensed bar will be available.

To get to Hanworth Common take the A140 Alysham/Cromer road following the finger posts to Hanworth. You will know you have reached the common when you cross a cattle grid. Park in the designated area and make your way to the Memorial Hall. Set your satnav to NR11 7HP.

Further information from:

Tony Hadlow, Hanworth House, Hanworth Common, Hanworth NR11 7HP
01263 768690