

# 2009 HISTON FUN RUN ENTRY FORM

**ENTRY FORMS:** every entrant must complete a booking form. It should be sent with a cheque covering the entry fees and made payable to:

Histon Feast, 108 Cottenham Road, Histon, Cambs, CB24 9ET.

**ENTRANTS:** there are 7 individual categories - by age and gender.

**ENTRY FEES:** £5 for 6 mile, £3 for adults or £2 children 3 miles.

Fees on the day will be £7 for 6 mile, £4 for adults or £3 children for the 3 mile

**CLOSING DATE FOR ENTRIES:** Please return your application form as soon as possible. The closing date for postal entries is 4 July after which there can be no guarantee of entry packs being mailed to you.

**ENTRY PACKS:** You will receive a race number, sponsorship form, and instructions for the event.

**SPONSORSHIP:** (optional) the form has spaces for 20 sponsors and money collected - cheques made payable to 'Histon Feast' - can be brought on July 11 or posted by August 31 2009 to 108 Cottenham Road, Histon, Cambs, CB24 9ET.

**ESSENTIAL REQUIREMENTS:** every entrant must wear their race number for safety and administration purposes. Entrants are advised to prepare themselves by training beforehand and to seek medical advice if there are any doubts about fitness.

**ENTRIES ON THE DAY:** Registration on the day will start at 9.30am on the Green.

**START:** The Histon Fun Run starts and ends at the water pump on the Green and offers a choice of two marked and marshalled routes.

Warm up from 10am

6 mile run - 10.15am start

3 mile run - 10.30am start

HAVE FUN - and thank you for supporting our fund raising efforts

# ENTRY FORM

Please print in BLOCK CAPITALS

Surname ..... First Name .....

Mr/ Mrs/ Miss ..... Form (if at IVC) .....

Address .....

.....

..... Postcode .....

Email ..... Tel No .....

RACE CATEGORIES (as on 11 July) please tick appropriate box

	3 MILE	6 MILE
LADIES		
MEN		
VETERANS (over 40)		
Under 11's		
Under 15 Boys/Girls		

PLEASE READ AND SIGN THE FOLLOWING DISCLAIMER:

I wish to enter the 2009 Histon Fun Run. I am medically fit to run or walk the distance involved and will not hold the organiser responsible for any injury or loss to my property or person however caused, before during or after the event.

Children of 16 and under may only participate with the consent of a parent/guardian.

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Signature of Runner or Parent/Guardian

I enclose cash or cheque payable to the 'Histon Feast'.

ENTRY FEES FOR: 6 MILE RUN £5.00

3 MILE RUN £3.00 ADULT, £2.00 CHILD

I also enclose an addressed A4 envelope for my entry pack to be returned to me.