HANWAY HILL HEAVE

aka THE SOAPBOX SPRINT

(in conjunction with Richards Castle Soapbox Derby)

Sunday July 12th, 12.30pm

Organised by Ludlow Runners and Croft Ambrey Running Club under UK Athletics Rules

Venue: Richards Castle (Herefordshire/Shropshire border) Postcode: SY8 4ER

Distance: One mile approx. (500ft climb on road).

Entry fee: £3 **12 years and older only.**

Free entry into Soapbox Derby FOR RUNNERS ONLY. Supporters charged as normal.

Category prizes, including prizes for local runners.

Kit transport to the finish; Paramedics; Changing area (no showers).

Please note, race numbers will be given out on the day. Acknowledgement of entries by e-mail/SAE. There is no surcharge for entry on the day.

All proceeds to Megan Baker House and Ewe & You which are both charities for young people supported by the Richards Castle Soapbox Derby committee in 2009.

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HANWAY HILL HEAVE **12 JULY 2009**	
Name:	Age(12 and over):
Address:	Date of birth:
	M/F:
Club:	Tel:
e-mail:	

I declare that I am fit and that I am competing in the above race at my own risk and I agree that the organisers cannot accept any liability for any accident or damage suffered as a consequence of my taking part.

Signed: ..... Date: .....

Please return to: Jo Sharp, Spout House, Richards Castle, Ludlow, Shropshire, SY8 4EW
Tel: 01584 831417 e-mail: jj.sharp@btinternet.com