

PRESENT

THE HAY HILL RAISER

Sunday 4th Sept 2011

11am start (finished in time for Sunday dinner!)

The Hay Hill Raiser road race 11.3 miles, is in it's third year. It is challenging but well worth the effort, with wonderful views and a fast downhill section at the end. All abilities welcome. The race starts in Hay at the Doctors' surgery on Forest Road, a 2 minute walk from the HQ at Hay school. It takes you on a gradual incline to Fforddlas before climbing on quiet lanes to Hay Bluff. Following the contours of the mountain, the road levels out before a descent back in to Hay, finishing back at the Doctors' surgery on Forest Road. There will be 3 water stations and refreshments back at HQ. T shirt to all finishers and we have been promised a police escort (if available) for the front runners!

HQ Hay School Oxford Road Car park HR3 5BT

www.hayhotfooters.co.uk

admin@hayhotfooters.co.uk Phone Jo on 07831 609889

Please send applications to:

Jo Lord, 5 Castle Lane, Hay-on-Wye, Hereford, HR35AF or book online at Runners World

THE HAY HILL RAISER Minimum age for entry 17 years

NAME.....

ADDRESS.....

.....POSTCODE.....

EMAIL Please print.....

PHONE.....MOBILE.....

M / F (delete as applicable)

Male Senior 17+		Female Senior 17+	
Male Vet 40+		Female Vet 35+	
Male Vet 50+		Female Vet 45+	
Male Vet 60+		Female vet 55 +	

Age on race day.....

CLUB NAME.....

IS YOUR CLUB AFFILIATED? UK Athletics..... Association of Running Clubs.....

ENTRY FEES Attached £8.00 Unattached £10 Entries on the day £10

AMOUNT ENCLOSED £..... (£10 on the day)

Cheques made payable to HAY HOTFOOTERS (Please enclose an A5 SAE)

I declare will abide by the laws and rules of The Association of Running Clubs and I accept that the organisers will not be liable for any loss, damage, action, claim, costs, or expenses, which may arise, in consequence of my participation in this event. I declare that I will not compete in this race unless I am in good health on the day of the race and that in any event, I will only compete at my own risk.

SIGNED.....DATE.....