

# THE MAGIC ROUNDABOUT 10k MT

## Sunday 31<sup>st</sup> May 2009

(regulars please note the race is now a week later than previous years)

### 11am start

The Begwms, Llowes, 4 miles from Hay-on-Wye

The Magic Roundabout is a beautiful and challenging 10k multi terrain race. The race takes part on the last weekend of 'The Guardian Hay Festival of Literature'

Please look on our website for a full course description.

There will be a water station approx half way round and T shirts, tea and cake for all finishers.

Plus prizes in all categories.

Please arrive in plenty of time to park, as there is a 10 min walk from the car park to the start line.

[www.hayhotfooters.co.uk](http://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

**MAGIC ROUNDABOUT 2009** Minimum age for entry 16 years

NAME.....

ADDRESS.....

.....POSTCODE.....

EMAIL Please print.....

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

M / F (delete as applicable)

Age on race day.....

Male Junior 16+		Female Junior 16+	
Male Senior 18+		Female Senior 18+	
Male Vet 40+		Female Vet 35+	
Male Vet 50+		Female Vet 45+	
Male Vet 60+		Female vet 55 +	

CLUB NAME.....

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

ENTRY FEES Attached £8.00 Unattached £10

AMOUNT ENCLOSED £..... (Limited entries 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.....