

PRESENT

THE HAY HILL RAISER

Sunday 5th Sept 2010

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

The Hay Hill Raiser is in it's second year of approx **11.3 miles**. 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.....