



# HOLME PIERREPONT GRAND PRIX

June 28th – July 7th 2011

**All races start at 7:15pm** and are run under UKA rules

Organised by Holme Pierrepont Running Club - see [www.hprcrun.co.uk](http://www.hprcrun.co.uk)

## Race entries

UKA distance limits for junior runners apply - minimum age is 15 for entry

**Please tick the races you wish to enter or Full Series**

- |                          |  |      |                          |         |
|--------------------------|--|------|--------------------------|---------|
| <input type="checkbox"/> | Tuesday 28th   | June | Holme Pierrepont         | 10K     |
| <input type="checkbox"/> | Thursday 30th  | June | Rushcliffe Country Park* | 4 miles |
| <input type="checkbox"/> | Tuesday 5th  | July | Rushcliffe Country Park* | 5K      |
| <input type="checkbox"/> | Thursday 7th   | July | Colwick Park*            | 5 miles |
| <input type="checkbox"/> | Full Series ( <b>Free T-Shirt</b> for entering all four races) |      |                          |         |

\*Multi terrain

## T-Shirt – please select a preference

- Small       Medium       Large

We will endeavour to provide a t-shirt in your preferred size but cannot guarantee to do so.

## Prizes

**Team Cash Prizes** (3 in a team) All team members must do all four races and have the same club/team name.

### Individual Cash/Voucher Prizes

All categories from 1st Man/Lady to 5th Man/Lady, 1st Man/Lady V60 and 1st to 3rd Man/Lady V40 & V50.

**Presentations & Spot Prizes** (retain race number to be eligible) will take place in the centenary bar at Colwick Racecourse after the final race.

## Sponsored by



Virgin Active Health Club, London Road, Nottingham

## The Charity



## Supported by



Permit no.  
2011-101834

## Entry fees

FULL SERIES:	£17	UKA Affiliated runner discount fee:	£15
INDIVIDUAL RACE:	£7	UKA Affiliated runner discount fee:	£5

I enclose my entry fee of £ \_\_\_\_\_ (Enter total amount)

NAME.....

ADDRESS.....

.....POSTCODE.....

AGE\*\*..... CONTACT TEL NO.....

MALE     FEMALE    EMAIL.....

CLUB/TEAM NAME.....

\*\*Age on race day

Entries on the day accepted if 500 limit not reached.

Check on the website [www.hprcrun.co.uk](http://www.hprcrun.co.uk)

**Please make cheques payable to 'Holme Pierrepont Running Club'** and return your entry (**with an A5 SAE**) to Race Secretary Frank Makin at: 17 Sandhurst Drive, Ruddington, Nottingham NG11 6HY

**Closing date for postal entries: 24th June 2011**

I am an amateur as defined by UK Athletics, and agree to abide by their laws. I am medically fit, and understand that I enter race(s) at my own risk. The organisers and sponsors are not responsible for any illness or injury caused to me during, or as a result of the race(s), nor any property lost or damaged during the event(s).

Signed.....

Date.....

Prize information and team eligibility rules are available on the club website, [www.hprcrun.co.uk](http://www.hprcrun.co.uk). Results will also be posted on the website.

## Facilities

Toilets at all four locations, changing facilities at Holme Pierrepont and Colwick Park.