

# HETHERSETT "RUN THE SQUARE" - Sunday 8 July 2018.

Sponsored by: Hethersett Social Club

Start from Hethersett Junior School, Queens Road, Hethersett. Registration is between 9am & 10:30am, warm up routines from 10:30, run starts at 11am.

- 2 mile fun run on a flat course through the village of Hethersett. \* Certificate & special Hethersett medal for all finishers.
  - Children under 8 must be accompanied by an adult. \* Fancy dress allowed - prize for best costume.
    - Digital finish clock & gantry. \* Car parking at Hethersett Academy.
    - Honorary Starter – Dr Anne Edwards B.E.M. \* Water Station – free to all runners.
    - Free Massage pre/post race available at Registration from Colin McDermott.
      - First Aid & Marshalled course on closed roads.
  - Nominal entry fee to cover insurance and first aid costs - £3 for adults, £1.50 for under 16's.
    - **£1 supplement for entry on the day.**

## ENTRY FORM.

Full name.....

Address.....

.....Postcode.....

Age on run day.....Name of Club (if applicable).....

Telephone.....

### Emergency contact/next of kin

Name.....Telephone.....

Do you have a medical condition that organisers should know about?.....

Applications can be handed into the Hethersett Library, Hethersett Social Club & Rowan House with the entry fee. Cheques payable to "Hethersett Run the Square." There will be no acknowledgement of entries in order to reduce costs - just report to Registration on the day.

I understand that I enter the run at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to me, prior to, during or after the event. I understand the organiser's reserves the right to delay, postpone, cancel or not officially time the run in the event of adverse weather conditions or other events outside the organiser's control. Photographs and video images of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used. Data above is requested for Insurance and Health & Safety purposes only and will be destroyed by shredding within 48 hours of safe conclusion of the event.

Signature.....(Parent if under 8 years old.)

Supported by:  **Norfolk** County Council & South Norfolk Council.