

The Rotary Club of Hornsea and East Riding

And

Hornsea District Lions Club

Present the

Hornsea & E R Open Cross-Country

Championship

Sunday 27th September 2009 in

Hall Garth Park

In aid of

British Heart Foundation

and

The Daisy Appeal

Race 1	Fun Run	No age limits	10:15	1 lap
Race 2	Juniors	13 to 16 years	10:30	2 laps
Race 3	Ladies	17 years +	11:15	3 laps
Race 4	Men	17 years +	12:00	4 laps

One lap = 1.7k approx

- Ideal pre-season starter.
- Medal for all finishers + trophy for first junior girl/boy.
- Full prize list 1st 2nd 3rd Ladies & Men.
- **Closing date for postal entries 18/9/09 and prize entitlement.**
- **Non club runners are very welcome.**
- Entries allowed on the day.
- Undulating course completely within the park boundary.
- Hot and cold refreshments.
- No Minimum or maximum age.
- Entries prior to 11/9/09 will receive a race pack inc. a running vest from their choice of charity if circled below

Entry Fees: Fun Run & Juniors = £3.00, Ladies & Men = £ 5.00

Cheques Payable to: The Rotary Club of Hornsea and East Riding

Information from: Neville on 01964 533704 or see <http://sites.google.com/site/hornseaopen>

ENTRY FORM PLEASE COMPLETE IN BLOCK CAPITALS

Event: (Circle) Race1 / Race2 / Race3 / Race4

Surname.....

Email

Forename.....

Address.....

Tel. No.....

.....

Gender (Circle) Male / Female

.....

D.O.B.....

Postcode.....

Charity pack (Circle) BHF / Daisy

Vest Size M / L / XL

DECLARATION

I am medically and physically fit to run and understand I enter at my own risk. The organisers will not be held liable for any injury, loss or illness however occasioned from the event.

Signature.....Name.....Date.....

(Parent or Guardian to sign for all Minors)

Please post entry form, fee and SAE (A5 and Stamp!)

Entries to: - Race Secretary, 79 Rolston Road, Hornsea, East Yorkshire HU18 1TA