

# TAUNTON'S RUNNING FOREVER RUNNING CLUB PRESENTS



## HESTERCOMBE **HUMDINGER** 9 1/2 MILE ROAD RACE

And new for this year  
**THE HESTERCOMBE HURTLE  
5K RACE**

UK Athletics Licence Number Pending  
Sunday 21<sup>st</sup> February 2010 starts 10.30am

A road race of approx 9.5 miles in stunning scenery around  
Hestercombe and the Quantock Hills. Race limit 400.

**First race in the 2010 Somerset Series**

- Start location at Hestercombe Gardens, near Taunton.
- Licensed bar and food available.
- Free sports massage by Rob Date of Bodyfix (subject to availability).
- **Loads of individual age category and team prizes.**

### Humdinger runners to receive:

- A quality **long sleeve T shirt** and goody bag.
- One voucher per entrant for free admission to Hestercombe Gardens.
- One free on the day finisher's photo.

### Hurtle runners to receive:

- A finisher's medal.

**Please note that the minimum age for the Humdinger is 16 years on  
race day and the minimum age for the 5K race is 13 years (UKA rules).**

### Course Records

Men:	Kevin Crenol	56:00	(2009)
Ladies:	Jenny Moore	1.03.06	(2008)

**£50 cash prize awarded for setting a new course record.**

### The Course

A challenging figure of eight route run entirely on rural roads and  
lanes with spectacular views. The course is not suitable for  
wheelchair athletes (sorry).

Parking available (Car share if possible)  
Limited bag storage and changing facilities.

For more info visit: [www.thehestercombehumdinger.co.uk](http://www.thehestercombehumdinger.co.uk)  
or call Richard Palmer, the Race Director on 01823 286561.



This year we are raising money for Musgrove Special Care Baby Unit

**ENTRY FORM**

**HESTERCOMBE HUMDINGER and HURTLE**

Humdinger Starts Sunday Feb 21<sup>st</sup> 2010, 10.30am at Hestercombe Gardens. Hurtle 5K race starts 10.40am.  
Humdinger 9.5 miles, Hurtle 5K. St John's Ambulance to provide first aid cover. Marshalls will withdraw from the race after 2 hour 20 minutes. Minimum age for Humdinger 16 years of age on race day, 13 years for Hurtle.

Full Name					
Address					
Postcode		Phone			
Email					
Sex (M/F)		Date of Birth		Age on Race Day	
In this section or on a separate sheet please declare any known medical condition or prescribed medication.					

**Please Tick**

Humdinger  Hurtle

Are you competing in the Somerset Series

UKA Affiliated Club? <small>Please Circle</small>	Y	N	Club	
--	---	---	------	--

T Shirt\* Size (please circle)      Small      Medium      Large      Extra Large      (\*HUMDINGER ONLY)

**Entry fee:**

Humdinger: Affiliated **£11.00** Unaffiliated **£13.00**

Hurtle: Affiliated **£5.00** Unaffiliated **£7.00**

Last date for receipt of entries 12th February.

or



No entries on the day (Humdinger only).

Please make cheques payable to The Hestercombe Humdinger and send together with application form to

**Running Forever Running Club**  
**PO BOX 835**  
**Taunton**  
**TA1 9FF**

I enclose my cheque for £..... (non refundable)

I hereby declare that I am running at entirely my own risk and that I will in no way hold responsible the organisers for any injury or loss that may occur as a result of my taking part in either race.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

SIGNED (Parent/Carer) \_\_\_\_\_ DATE \_\_\_\_\_

(Hurtle runners under the age of 16 require Parent/Carer signature)

Humdinger Prizes	
Male	Female
1st Five Finishers	1st Five Finishers
Plus	
1st in the following age categories	
16-20	16-20
40	35
45	40
50	45
55	50
60	55
	60
Plus	
1st affiliated male and female team (4 to count)	
Hurtle Prizes	
1st, 2nd & 3rd Male and Female	
1st Under 18* Male and Female (*17 and under on race day)	