

Plympton Hash House Harriers Present

The

# AUTUMN TRAIL RUN

@  
Newnham Park

UKA Licence No. 2010-101087

In aid of **HELP** for **HEROES**

A beautiful 8 mile trail run through the Newnham Park Estate, Plympton, Plymouth

## 10/10/10 @ 10.10am

Held Under UKA Rules



**AWARDS** (Subject to no. of entries)

**MEN** - 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> overall + 1<sup>st</sup> Vet 40, 50, 60+

**LADIES** - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall + 1<sup>st</sup> Vet 40, 50, 60+

Hash House Harriers team prize - 1<sup>st</sup> 3 to count

Medals to all Fun Run kids.

GLORIA memorial trophy

T-Shirts to all finishers registered before the end of September. (Sorry, none to entrants on the day).

**Cheques payable to "Autumn Trail"**

**Race numbers to be collected on the day.**

**Fun Run - kids will receive medals**

**Postal entries close 30th September**

**List of entries available on [www.plymptonh3.org](http://www.plymptonh3.org)**

**Changing and toilet facilities available. Sorry, no showers!**

**Ample parking adjacent to race start / finish**

**Send completed Entries to :-**

Plympton HHH  
6, St. John's Road  
Turnchapel  
Plymouth  
PL9 9SU



Telephone Enquiries 01752 248758

Surname  First Name  Club Name  M/F  DOB (d/m/y)

Address  Hash Name and Hash Club  Age on Race Day

Entry For :- (Please Tick)

Entry Fee	£12	<input type="checkbox"/>
Discounted Fee for EA Comp. Lic. Holders	£10	<input type="checkbox"/>
Fun Run	£2	<input type="checkbox"/>



Postcode  e-mail  EA Comp. Licence No   
Telephone

**Minimum age for 8 mile race is 16**

Size of 'T' Shirt required (8 mile race only)  S  M  L  XL  XXL

- I declare that I will abide by the rules of UK Athletics. I will be over 16 years of age on the day of the race and accept that the organisers will not be liable for any injury, illness, loss, damage, action claim, costs or expenses which may arise in consequence of 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 in any event I will only compete at my own risk.

Signed

Date