

Please send completed entry form to:

Race Organiser
8 Whitmore Hill Cottages
Whitmore Vale Road
Grayshott
Hants
GU26 6LU

Or enter online at www.runbritain.com



in support of **National
Trust**

**Black Down and Hindhead Supporters
Haslemere Border A.C.
PRESENT**



THE PUNCH BOWL CHALLENGES

INCORPORATING THE PUNCHBOWL 10K

Races

1k for Juniors aged 6-8

2.5k for Juniors aged 9 - 11

5K for Juniors aged 12 -16 and Seniors (over 16)

10k for Seniors over 16

And

50 metre Dash for the under 6's

**Sunday 29th September 2019
The Devil's Punchbowl, Hindhead, GU26 6AB**

Join us for a race along quiet roads, tracks and paths through beautiful countryside, by kind permission of the National Trust - Under UK Athletics rules - Licence 2018- provisional



HBAC train every Tuesday and Thursday at 7pm. Check website www.hbac.co.uk or facebook and get in touch.

The Black Down & Hindhead Supporters of the National Trust provide funds to enhance the beauty and natural habitats of the National Trust commons which surround Haslemere.

Contact Sarah Bain 01428642562

Start	Distance	Category	In advance Entry Fee	On the day Entry Fee	Affiliated Adv Fee	On the day Aff Entry Fee
9.30	1k	Juniors ages 6-8	£5	£6		
9.45	2.5k	Juniors ages 9-11	£5	£6		
9.45	5K	12 and over + seniors	£6	£7		
10.20	50 metre dash	Under 6	free	free		
10.30	10k	Seniors – over 16	£14	£16	£12	£14

- **Closing date for advance entries: 27th September or upon reaching 300 Runners**
- **Entries on the Day – if limit not reached.**

The Punch Bowl 10k:

- **Prizes for First three male and female finishers**
- **Prizes also in male and female veteran classes**
- **Medals to all finishers**

For 5k race:

- **Trophies for First three Juniors boys and girls,**
- **Trophies for First three Seniors male and female**
- **Medals to all**

For the 1k, 2.5k races:

- **Trophies for First three boy and three girl finishers**
- **Medals to all finishers**

For the 50 metre dash

- **Medals to all competitors**

Limited changing Facilities, Toilets and refreshments available.

Send the completed form to

Punch Bowl Challenges, 8 Whitmore Hill Cottages

Whitmore Vale Road, Grayshott, Hants GU26 6LU

Race Numbers to be collected from 8am on race day. Please allow yourself enough time before the event



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THE PUNCHBOWL 10K

with events for all the family

Sunday 29th September 2019

The Devil's Punchbowl, Hindhead, GU26 6AB

Punch Bowl Challenges 2019

Male Female Please tick (✓) appropriate box.

Senior 10k Senior 5k / Junior 5k Junior 2.5k Junior 1k

Surname..... First Name.....

Address

Date of Birth..... Age on 29th Sept 2019.....
(if under 16 the consent form below must be completed)

UKA Affiliated Club.....
.....

Email

Entry fee enclosed..... Please make cheques payable to **Punchbowl 10k Run**

I declare that I am an amateur as defined by the UKA. I agree to abide by the current laws and rules of competition of the UKA. I understand that I enter the event at my own risk and that the organisers, officials and sponsors shall not be held liable for any loss, injury or damage sustained during the event. I agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events.
Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category

Signature of entrant..... Date.....
(if over 16)

Please read and sign the statement below on behalf of all athletes under the age of 16:
I declare that the named athlete is capable of taking part in the event entered. I also give my consent to emergency treatment being given to the named athlete on this form by authorised persons acting on behalf of the race organisers if believed to be necessary.

Signature of Parent/Carer.....

Print Name Date.....