

THE MAGIC ROUNDABOUT 10k and Mini Roundabout 5.8k
Sunday 9th June 2019 11am start (both races)

The Begwons, Llowes, 4 miles from Hay-on-Wye HR3 5JA

There will be a water station approx half way round.

T shirts (10k only) and medals (5.8k only). Tea and cake for all finishers.

Plus prizes in all categories.

Book in advance by 20/05 to guarantee T shirt in your size for 10k only

Please arrive in plenty of time to park, as there is a 10 min walk from the car park to the start line.

Please note, there is a small charge by the farmer for parking of £1.50. As the run is on National Trust land PLEASE use the car park provided

www.hayhotfooters.co.uk

admin@hayhotfooters.co.uk Phone Jo on 07831 609889

Please send applications to:

Jo Lord, 5 Castle Lane, Hay-on-Wye, Hereford, HR35AF or book online at Runners World

All numbers to be collected on the day. Entries will be published on our web site

Minimum age 16 yrs

NAME:PHONE:.....

ADDRESS:.....

EMAIL:.....

MALE / FEMALE AGE ON RACE DAY:.....

CLUB:.....

MAGIC ROUNDABOUT 10K AFFILIATED £12 UNAFFILIATED £14 (circle as applicable)

MINI ROUNDABOUT 5.8K AFFILIATED £5 UNAFFILIATED £7 (circle as applicable)

Total enclose £..... Entry on the day Magic R £15 Mini R £7

Tshirt size (Magic Roundabout 10k only) Small Medium Large X large (unisex)
(Book in advance by 20/05 to guarantee a Tshirt in your size)

NUMBERS TO BE COLLECTED ON THE DAY.

For directions please see website www.hayhotfooters.co.uk, or for confirmation please enclose A5 SAE

Cheques made payable to HAY HOTFOOTERS

I declare I will abide by the laws and rules of The Association of Running Clubs and I accept that the organisers will not be liable for any loss, damage, action, claim, costs, or expenses, which may arise, in consequence of my 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 that in any event, I will only compete at my own risk.

SIGNED.....DATE.....