



**The Hogweed Trotters Running Club
are proud to present the**

Kevin McConville Memorial Hogweed Trot – 10k Road Race

Monday May 17th 2010 at 7.00pm

Organised by Hogweed Trotters R R C
(www.hogweedtrotters.co.uk)

Start: Yate Town Football Club, Lodge Road, Yate, Bristol, BS37 7LE

Limit: 350 (postal entries close 8th May or enter on night)

(All numbers and race information will be mailed after 8th May 2010)

All entrants must be at least 15 years of age on day of race

The Course:

- ARC race permit: 10/49
- Certificate of course accuracy applied for
- A flat course run on quiet rural roads
- Full medical support
- Water stations and accurate mile markers

Facilities at race HQ (Yate Town Football Club):

- Baggage store
- Limited changing and showers
- Parking at Race HQ
- Bar at Race HQ

PRIZES

(One prize per runner)

Prizes to:

1st Three Men and 1st Three Ladies

Prizes to:

1st LV 35 45 55 and 1st MV 40 50 60
and Spot Prizes

Telephone enquiries: Andy May (Race Director) 01454 853531
or email: mayo27@blueyonder.co.uk

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Under ARC Rules

Surname: _____ First name: _____

Date Of Birth: _____ Age on 17/5/10: _____

Gender: (M/F): _____ Affiliated: Y/N) _____

Club: _____

Address: _____

Post Code: _____ Telephone Contact No: _____

Email: _____

Please Circle: SM MV40 MV50 MV60 SL LV35 LV45 LV55

Estimated finishing time: H: _____ M: _____

Medical Information: _____

Entry fees: Affiliated club members £ 6.00

Unaffiliated £ 8.00

I declare that I will abide by the ARC rules and enter entirely at my own risk. I do not hold the organisers or sponsors responsible for any injury, loss or damage I may sustain in the course of or in connection with this event.

Signed: _____ Date: _____

The entry form must be signed by the competitor. Please enclose a signed cheque payable to "**Hogweed Trotters**" and **large SAE** to: Pat and John Curtis, Entries Secretaries, St. Davids Cottage, Wapley Road, Codrington, Chipping Sodbury, BS37 6RY. Telephone No: 01454 319139