

# 'The Helmdon Hurler'



**AUGUST BANK HOLIDAY**

**4.3 MILE RUN AROUND THE ASTWELL TRACK**

OFFICIAL RUN AFFILIATED WITH ENGLAND ATHLETICS

**Date:** Monday 30<sup>th</sup> August 2010  
**Start:** 11:30am (registration open at 10.30am) at The Bell Inn Helmdon, Northants, NN13 5QJ: ([www.thebellhelmdon.co.uk](http://www.thebellhelmdon.co.uk))

**TO BE FOLLOWED BY A BBQ AT THE BELL INN**

All finishers will receive a free tee shirt

**Price:** Adult: £8 in advance (£10 on the day):  
Child (5-17yrs) £5 in advance (£7 on the day)

**ALL PROFITS FROM THE RUN WILL BE DONATED TO SUPPORT VILLAGE GROUPS  
THIS IS A NON FOR PROFIT EVENT**



- A 4.3 mile run affiliated with England Athletics
- All abilities welcome
- Village BBQ at the Bell Inn
- Free tee shirt for all runners

**SERIOUS RUNNERS WELCOME**

Can you do 'The Hurler' in sub 27 mins, very few can? many have tried

***The Helmdon Hurler is Sponsored by:***

- HB Gardens
- The Bell Inn
- Support Logistics
- Bloomers Florists

Please be aware that mobile phone reception is limited in Helmdon

V006

# Entry Form



Please complete the details below and post with entry fee to  
Roz Page 'Hurler Administrator' address 10 Bell Close, Helmdon, Brackley NN13 5UH.

**CLOSING DATE FOR POSTAL ENTRIES IS MONDAY 16<sup>TH</sup> AUGUST**

Surname: \_\_\_\_\_ First Names: \_\_\_\_\_  
Gender: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postcode: \_\_\_\_\_ Phone No: \_\_\_\_\_  
Email Add: \_\_\_\_\_

Fee enclosed:

**Please make cheques payable to:  
Chris Page and post to 10 Bell Close,  
Helmdon, Brackley NN13 5UH**

Adult: £8 in advance (£10 on the day): Child (<5-17yrs) £5 in advance (£7 on the day)

Please arrive 45 minutes before the start to collect your race number.

Changing Rooms are not available, the Bell Inn toilet facilities can be used.

The route will be signposted and well marshalled

**All enquiries please email or call:** Bob Lenton (Secretary) on 01295 768264;

[bob.lenton@adeamusmarketing.co.uk](mailto:bob.lenton@adeamusmarketing.co.uk) or Roz Page (administrator) on 01295 768552

[rozalynpage@btinternet.com](mailto:rozalynpage@btinternet.com)

Do you have a long standing illness or disability

If yes please state: \_\_\_\_\_

## Declaration

I/we certify that I am/we are medically fit enough to run the event. I agree that the organisers will in no way be held responsible for any loss, damage or injuries to myself/ourselves or my/our belongings before, during or after the event. I understand that Personal Data provided to the Organisers is protected by the Data Protection Act and will not be used for any purposes other than this event.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_