

Hurstbourne 5



Multi-Terrain Race



Sponsored by

Fast Forward Running, Basingstoke

www.fastforwardrunning.co.uk

Saturday 17th April 2010

Under UK Athletics Rules

Licence No.: 2009-100293

A challenging off-road race in the heart of the beautiful North Wessex Downs, starting in the village of Hurstbourne Tarrant and following part of the Test Way through woods and farmland.

All proceeds go to the Hurstbourne Tarrant Village Hall Fund

Start: George V Playing Fields, Church St, Hurstbourne Tarrant, Hampshire, SP11 0AX.

Time: 11am. Please assemble at 10:50 for the race briefing.

Parking: Ample free off-road parking close to the start (donations welcome though!).
Please do not park on the road or in the Parish Car Park, as this could delay access for emergency services.

Facilities: Toilets, First Aid, Refreshments.

Prizes: 1st three males, 1st three females, 1st three vet males, 1st three vet females, 1st Villager (resident of HBT/Ibthorpe). King & Queen of the hill.
T-shirt for all finishers.

Restrictions: Minimum age on race day is 15. Unfortunately, the course is not suitable for wheelchairs, bicycles, pushchairs or prams, owing to the hilly and uneven terrain. The layout of the course also prohibits participation by walkers.

Fun Run: 2K fun run starts at 11.05am. Free to enter, but donations welcome.

Massages: A physiotherapist will be on-site to give pre- and post-race massages (for a donation to the Community Hall fund).

Entries: **By post** - to 'Hurstbourne 5', The Old Saddlery, Church Street, Hurstbourne Tarrant, Hants, SP11 0AX (Closing date 3rd April). Please include 9x4" SAE.

On the day – entries welcome until 30 minutes before the start.

Online – <http://www.runnersworld.co.uk/events/>

Race Limit: 200 competitors

Results: Will be posted on the race website: <http://www.hbt.org.uk>



Fast Forward Running



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Five miles, how difficult can that be?? Here's what last year's entrants had to say:

I SURVIVED!!!!

Brilliant organisation, great cakes and bacon butties at the end. Lovely village atmosphere. Well done, see you next year.

Absolutely loved it.

"wonderful location taking in part of the test way and finally a lovely cup of tea and the best post race cakes ever!"

watch out for the mountainous hills!

Well done to the organisers for a great new event.

It was my first race for over 15 years, and really has me sparked up

just guessed there would be a sting with the second climb! Very friendly and great bacon butties.

Like a mini Terminator

That's the hardest first 2 miles I've ever run!!!

Marshalls were really encouraging - thanks to all of them (especially the guy at the bottom of 'the' hill who may have learned a few new words) and there was a great atmosphere at the finish. Nice tee-shirt and the bacon rolls and home-made cakes at the end rounded off a great morning. I'll be back

watching buzzards soaring just above your head was terrific.

This is a hard race, very challenging but very rewarding, the marshalls were fantastic, the facilities great, tea, coffees, cakes and bacon roll all available, fantastic race all round. PLEASE PLEASE run it again next year

Course Records: Men - Tom Bowlby Pearson 32:29; Women – Natalie Cain 36:17

Please keep this portion of the entry form for your own records



Hurstbourne 5 Multi-terrain Race

Surname..... First Name

Address

Postcode..... Phone number

Date of Birth..... Age on Race day..... E-Mail Address.....

Male / Female (Please delete where appropriate) T-Shirt Size (S/M/L/XL).....

Member of UKA affiliated club: Yes / No* Name of club.....

Where did you hear about the race?.....

Race Number
For official Use

Entry Fee: £8 affiliated, £10 non-affiliated, £2 extra on the day.

Please make cheques payable to Hurstbourne Tarrant Development Trust

I agree to abide by UKA rules, and declare that I am an amateur competitor and will compete on foot, at my own risk and will not run on the day unless fit to do so. Also I will not hold the Hurstbourne Tarrant Development Trust or its' representatives responsible for any loss, damage, action, claim, injury or illness that may arise as a result of my participation.

No refunds or deferred entries will be allowed in the event of withdrawal or cancellation due to unforeseen circumstances.

Signed..... Date

For all queries, please check the race website: <http://www.hbt.org.uk>
or contact the race organiser by email at: hurstbourne5@yahoo.com