

THE 12th KINGS HEAD



CANTER 5K



Open Road Race under UK Athletics (UKA) Rules

UKA Licence No. 20090415



BANK HOLIDAY MONDAY
31st AUGUST 2009 at 11:00 am

Sponsored by

THE KINGS HEAD, home of the 1648 Brewing Company,
with help from THE JOG SHOP, BRIGHTON

THE JOG SHOP

In aid of the East Hoathly & Halland Carnival Society



The 4980 metre point to point course is a measured (Cert. No. 00/076) undulating rural course with an overall climb of 20 metres, **starting in Chiddingly** and finishing in East Hoathly.

Course Records: Men, Geoff Hill 15:20, 1998. Women, Caroline Hoyte 17:10, 2002.

The Race Director offers you **A FREE PINT OF BEER** or soft drink courtesy of the Kings Head (if you finish the race!). Prizes, trophies and East Hoathly Village Team competition.

Fees: £6 affiliated, £8 unattached, entry on day + £2 *but 250 entry limit.*

Cheques payable to: East Hoathly and Halland Carnival Society Ltd. with 9" x 6" SAE to:

The Race Director, 14 High Street, East Hoathly, East Sussex, BN8 6EB. (Tel. 01825 840653)

Race Enquiries: kingsheadcanter@talktalk.net Race Info: www.kingsheadcanter5K.org.uk

Postal Entry Closing Date: Saturday 22nd August 2009.

Race numbers and race information will be sent out in August.

Entries on the day will be taken between 9:30am - 10:30am at Chiddingly Village Hall.



SURNAME DATE OF BIRTH

FIRST NAME AGE ON DAY OF RACE

MALE OR FEMALE TELEPHONE

ADDRESS

..... POSTCODE

UKA CLUB/NUMBER...../..... SAE & CHEQUE ENC. £

EAST HOATHLY TEAM NAME (Teams of 3).....

I declare that I am medically fit to run, and will not hold the organisers responsible for any loss or injury however caused.

SIGNED DATE