Rubery Community and Leisure		CHARITY NUMBER: R C N 517257

RUBERY COMMUNITY & LEISURE CENTRE PRESENT

'THE WINDMILL HILL 5K M/T RUN'

SATURDAY -24 - APRIL – 2010 at 2 00pm

Starting & finishing at: RUBERY COMMUNITY & LEISURE CENTRE HOLYWELL LANE RUBERY BIRMINGHAM

B45 9AD - A/Z: page 156 – D3 ….. Telephone: 0121 453 7716

e-mail: windmillhillrun@ruberyleisurecentre.co.uk **or** nev@niftynev.co.uk

web site: www.ruberyleisurecentre.co.uk

For Information Contact: John – 0121 453 7716 or Neville – 0121 680 5092

A challenging **'5' K...run** *over the WASELEY HILLS – A tough* ***'X'*** *country' - one lap – abundant hills, fine views and breathtaking scenery….Slow Runners – Fun Runners – First Timers & Club Runners ALL WELCOME ;*

'SORRY' *the off road route is unsuitable for wheelchairs*

Facilities:- parking – toilets – showers – refreshments - St. Johns Ambulance Service.

Memento to each finisher – Prizes to category winners

Prizes: First three men : First three women : First : man and woman aged fifty or over

Special Prizes: to the youngest and oldest runner completing the course

Minimum age to compete = 17 years - (one prize per person)

Entry Fees: £4 00 Affiliated - £6 00 Unaffiliated - Cheques to RCLC (HILL RUN)

…**ENTER ON LINE AT WWW.RUNNERS WORLD.CO.UK OR DOWN LOAD AN ENTRY FORM FROM OUR WEB SITE**

…Closing date for postal entries = 19April - 2010 **(race acceptance details & numbers will be sent asap)**

'ENTRIES ACCEPTED ON THE DAY' - maximum of 300 runners

All Proceeds to: 'Rubery Community & Leisure Centre Charity'

ENTRY FORM (please print clearly in block capitals)

Name		**Affiliated**	**NO** **YES**
Address		**Running Club**	
Postcode	**Telephone**	**e-mail**	
dob:	**Age on day:**	**male / female**	

Event entered: 'WINDMILL HILL 5K – M/T RUN'

I THE UNDERSIGNED DECLARE THAT I AM FIT TO TAKE PART AND COMPETE IN THE ABOVE RACE AT MY OWN RISK. I AGREE THAT THE RACE ORGANISERS WILL NOT ACCEPT ANY LIABILTY FOR ANY ACCIDENT, LOSS OR DAMAGE TO MYSELF OR MY PROPERTY THAT MAY OCCUR AS A CONSEQUENCE OF MY TAKING PART.

Signed	**Dated:**	**Official Use**

Please return the completed form to the event venue above (marked 'HILLRACE') Enclosing a 'LARGE' sae with the appropriate postage