

St Michael's Hospice Hereford Half Marathon 2010 Relay Team Entry Form Relay Teams

Relay teams are welcomed for the Half Marathon with a maximum of 4 runners per team. The changeover points are: 1st water station (approx 3 miles) – 2nd water station (approx 6 miles) - 3rd water station (approx 9 miles). The last runner runs the final 4 miles.

A team coordinator is required to be the contact person to receive information on the event – please complete the relevant section on the form. NB: We cannot accept relay entries on the day.

Relay Runner 1 (co-ordinator)

Surname	First name	Sex M / F
Age on race day	Date of birth <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Address		
		Postcode
Email	Tel	

Relay Runner 2

Surname	First name	Sex M / F
Age on race day	Date of birth <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Address		
		Postcode
Email	Tel	

Relay Runner 3

Surname	First name	Sex M / F
Age on race day	Date of birth <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Address		
		Postcode
Email	Tel	

Relay Runner 4

Surname	First name	Sex M / F
Age on race day	Date of birth <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
Address		
		Postcode
Email	Tel	

**Please complete
payment details and
sign the declaration
overleaf.**

St Michael's Hospice is a
registered charity no. 511179

Official use only		
Amount received	Batch number	Running number
	IRN	

Hereford Half Marathon 2010

In aid of St Michael's Hospice, Hereford



**Sunday 16th May 2010
Start at 11.00am
Hereford Leisure Centre
Holmer Road, Hereford**



St Michael's Hospice Hereford Half Marathon 2010

Established in 2002, the Hereford Half Marathon is a 13 mile 193 yards road race. A single lap course with good spectating points, it contains a good balance of undulating and flat sections; the race starts and finishes at Hereford Leisure Centre and the current course record is 1:08:57 (2006). Runners must be 17 or over to compete.

Entry Fees per Person are £12 affiliated or £14 unaffiliated to a club. Sponsorship is welcomed (and greatly appreciated!). Late entries can be accepted on the day before 10.30am for £13 as an affiliated runner or £15 as unaffiliated runner.

To enter complete the appropriate attached form and send it with your entry fee and an A4 SAE with a large letter postage stamp, to **The Events Team, St Michael's Hospice, Bartestree, Hereford, HR1 4HA**. We will then send you your race letter/number, information and sponsor form.

Alternatively, you can enter online using our secure payment system. Visit www.st-michaels-hospice.org.uk, click on the Half Marathon button and follow the steps for individual or team entries, as appropriate.

Put your sponsor form online!

At www.justgiving.com you can have your own fundraising page where friends and family can sponsor you. There are several hospices called St Michael's, so please look out for our logo and our registered charity number 511179. Once you have set up your page, email all your contacts with the address and details so they can visit it and sponsor you!

The Half Marathon starts and finishes at the Hereford Leisure Centre, Holmer Road, Hereford, HR4 9UD. There are changing facilities, showers, parking, refreshments and a bar available.

Event opens at 10am Half Marathon starts at 11am

St Michael's Hospice
Bartestree, Hereford HR1 4HA
Tel: 01432 851000
Fax: 01432 851022
Email: info@st-michaels-hospice.org.uk
www.st-michaels-hospice.org.uk

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Enter online at www.st-michaels-hospice.org.uk or complete either the Individual (below) or Relay Team (overleaf) entry forms and sign the declaration below.

St Michael's Hospice Hereford Half Marathon 2010 Individual Entry Form

Please note we can only accept one individual entry per form.

Individual Runners

There are medals for first 500 individual finishers. Prizes will be awarded for all the usual categories (for further details please contact us) there are also Team Prizes (three to score).

Surname	First name	Sex M / F
Age on race day	Date of birth <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Veteran Category
Address		Postcode
Email	Tel	
Club	Affiliated	Yes <input type="checkbox"/> No <input type="checkbox"/>
Club affiliation number	Best time	Predicted

Payment Details Please make all cheques payable to St Michael's Hospice

Runners

Individual (£12/£14)	£
Relay £12/£14) each	£
Donation*	£
Total	£

giftaid it *I would like to make a donation and enclose £

If you are a UK tax payer use Gift Aid and you can make your donation worth more. For every pound you give to us, we get an extra 28p from the Inland Revenue. So just tick the box. It's that simple. To qualify for Gift Aid what you pay in income tax or capital gains tax must equal the amount we will claim in the tax year.

Declaration: I understand that the organisers will in no way be responsible for any injury, illness, accident or loss of property resulting in my participation in the event. I am an amateur as defined by the rules of UK Athletics.

Signed _____ Date _____

Please send completed entry form, A4 SAE, large letter stamp and payment to: The Events Team, St Michael's Hospice, Bartestree, Hereford HR1 4HA.

We respect your privacy and will not sell your details to other organisations. However, we would like to keep you informed about our work and send you details about our campaigns and fundraising. If you prefer not to receive any details, please tick this box.

If you would like to receive information only about sporting events please tick this box.

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