

HELD UNDER UKA RULES



THE "EASY RUNNER ROUND THE TOR 10K" AND 5K AND 3K ROAD RACES

Plus Primary School Fun Run over approx. 1 Mile

CHIP-TIMING, Technical T-Shirt to all 10K, 5K, 3K Race Pre-Entrants*
(worth £7), Plus Early-Bird Discount Entry Rates***

Extensive AGE GRADED Prize List

5K Run 10.30am

3K Run 10.40am

ROUND THE TOR 10K 11.20am

Primary Fun Run 11.30am

Race HQ – Glastonbury Town Hall

Entries available on the day subject to race limits

NOTE: Races subject to race entry limits – if entering late please check the race website for availability.

**Race 7 of the Somerset Road
Race Series 2020**



www.SomersetSeries.co.uk



Total Prizes to the value of £1000+

Awards to the first three Males and Females.
£300 cash race record bonus (30:43 / 35:24).

Veterans awards in usual 10 year categories.
Extensive Age-Graded prize structure**

Team 10K Race (4 Men, 3 Women to score)
Junior Awards only in 5K and 3K

see website for full prize breakdown

* Free T-Shirt offer only available to entries received by 5th April 2020

** Age Grading based on published WAVA 2015 scoring tables. Prizes will only be payable at post race award ceremony in person.

*** Early-Bird discount of £4 applies to the 10K event, but only available for on-line entrants paying before 14th February 2020.

**For further Race Information and
on-line entry options please visit:**

www.GlastonburyRoadRun.info



39TH GLASTONBURY ROAD RUN

Sunday 3rd May 2020 - ENTRY FORM - Please use BLOCK LETTERS

SURNAME:..... FIRST NAME:..... MALE/FEMALE:.....

ADDRESS:.....

..... POST CODE:..... DATE OF BIRTH:.....

E-MAIL ADDRESS:..... AGE ON DAY OF RUN:.....

CONTACT TELEPHONE NO:..... CLUB / SCHOOL

ENGLAND ATHLETICS REGISTRATION NO:..... SCHOOL YEAR.....

----- 3K, 5K AND 10K ENTRANTS: (TICK ONE BOX ONLY) -----

3K ROAD RACE (Minimum age 8 years)	ENTRY FEE	£15	<input type="checkbox"/>	England Athletics Registered	£13	<input type="checkbox"/>
5K ROAD RACE (Minimum age 11 years)	ENTRY FEE	£18	<input type="checkbox"/>	England Athletics Registered	£15	<input type="checkbox"/>
10K ROAD RACE (Minimum age 15 years)	ENTRY FEE	£24	<input type="checkbox"/>	England Athletics Registered	£21	<input type="checkbox"/>

NOTE: Early Bird Discounts Apply for On-Line Entrants Prior to 14th February 2020.

On-line entry is available until Friday 1st May and subject to 50p transaction charge per entry.

Entries will be accepted on race day subject to race limits up to 30 minutes before Race Start Time. See www.GlastonburyRoadRun.info

FREE RACE T-SHIRTS ONLY AVAILABLE TO ENTRIES TO 3K, 5K and 10K RECEIVED BEFORE 5TH APRIL 2020

All T-Shirts to be collected on the day from the Town Hall

Sizes available: Child's age 8-9 / 10-11 / 12-13 , Adult S / M / L / XL / XXL Size Required

Additional T-Shirts are Available for £7 per shirt. Please add monies to entry fee and indicate additional sizes.

----- PRIMARY FUN RUN ENTRIES: -----

1 MILE PRIMARY FUN RUN ENTRY FEE £5 Fee also payable by Adults/Guides running with their children

Entries for the Primary Fun Run will be accepted on the Day up to 30 minutes before Race Start Time.

NOTES: Children under the age of 5 MUST be accompanied by a suitable Adult/Guide. In the interests of event safety, all guided children and their guides must start from the back start line.

DECLARATION: I declare that I am an amateur as defined by the UKA rules and that I will abide by the laws and rules of the competition. I understand that Mendip Athletics Club, Glastonbury Town Council and any club, person or body involved in the organisation of the events will not be held liable for any injury or illness, however occasioned, resulting from the events. I accept the decision of the Committee in any matters relating to the events as final. All races will be run under UKA Rules. My details, as supplied within this race entry, will be held on a computer system in connection with my participation in this event, but will not be released to third parties. Contact details will be retained for a period of 5 years, after which they will be deleted.

MEDICAL DECLARATION: I declare that I will not participate in the event unless fit to do so. If I have any medical issues that would be useful for the event first-aid services to know about I will ensure that I have filled-in the Medical Information form on the back of my issued number. I also authorise the first aid providers to release my name and contact details to the race organisers in the event that I require medical attention at the event.

Complete all parts of the Entry Form and make sure you have signed the Declaration. Send the completed Form, together with the correct Entry Fee to:

Glastonbury Road Run, 6 Nettle Combe View, Wells, Somerset BA5 3QF
Forms may also be left at Stephens' Butchers, Glastonbury High Street.
Race Details will be e-mailed. Number collection on Race Day only.

SIGNED.....

Please make cheques payable to **Mendip AC**

(Parent or Guardian if under 16)

Numbers and T-shirts must be collected on Race Day from Glastonbury Town Hall. See Race Website for List of Entrants.

www.GlastonburyRoadRun.info