

# Action Heart 5 Heart Run

## Sunday 4th March 2018

Held under UKA Laws - (Permit Applied For)

Start Time : **9.30 a.m** Distance - **5 Miles Certified Accurate**

Start / Finish : **Russells Hall Hospital, Dudley, DY1 2HQ**



Facilities : **Hot/Cold drinks and prize presentation in the Russells Hall Social Club**

Memento : **Tee Shirt to all finishers**

Entry Fee : **£13 England Athletics Affiliated Clubs £15 Unattached / Other Clubs**

Prizes: **First 3 men - First 3 Ladies plus Category Prizes**

**No Entries On The Day**

**Last date for receipt of entries: Thursday 1st March 2018**

**Please enclose your cheque made payable to ACTION HEART TOGETHER WITH YOUR ENTRY FORM AND A STAMP ADDRESSED ENVELOPE FOR YOUR RACE NUMBER / INFO : Action Heart, 5 Baird House, Dudley Innovation Centre, Kingswinford, West Midlands, DY6 7YA.**

Name: \_\_\_\_\_ Age on race day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ County: \_\_\_\_\_

Postcode: \_\_\_\_\_ Club \_\_\_\_\_ / Unattached: England Athletics

Registration No. \_\_\_\_\_ E-MAIL Address: \_\_\_\_\_

Tel: (inc. code) \_\_\_\_\_ I understand that the organizers will in no way be held responsible for any Injury, illness, or

loss of property incurred as a result of the event. I am an amateur as defined by UK Athletics rules. The use of Audio devices is strongly

discouraged. Signed: \_\_\_\_\_ Date: \_\_\_\_\_