



5 Mile Beer Race FLACK MANOR

ROMSEY BREWERY

Sunday 7th June 2020 - 10:00am start

A friendly 5-mile road race on country lanes around the village of Braishfield, near Romsey, Hampshire - suitable for runners of all abilities

All finishers get a pint of Flack Manor beer (or soft drink) and a slice of home-made cake, plus a souvenir pint glass (beer for over 18s only)

** Free 1 km fun run for 4-14 year olds after prize giving **

Chip timing - Generous place prizes

Running buggies welcome, but please note the course starts and finishes on grass No headphones/earphones allowed

Entry fee: UKA affiliated member £13.00* Unaffiliated £15.00

*UKA Registration No. (URN) must be provided

Strict entry limit of 400 runners Race number collection closes at 9.40am

Entries available online via www.runbritain.com, race details at www.romseyroadrunners.co.uk

Or - please complete and return the form below with cheque payable to 'Romsey Road Runners' to:

Race Secretary, 34 Horseshoe Drive, Romsey SO51 7TP

Closing date for postal entries: 18th May

THAPPIC CONTROL & MANAGEMENT	
Surname	First Name
Address	
	5
	Email
	Age on race day (min age 15 yrs on race day)
*UKA Registration No.	(Entry fee £15 if left blank)
Club (If affiliated to UK Athletics) or Unattached $_{\dots}$	
participation in the event is solely and entirely at my own risk and (to tany accident, harm, injury, loss or damage to property, however so caumy participation in the event, provided always that nothing shall excluithe organiser. I understand that entry fees will not be refunded if the econtrol. I am aware that headphones of any kind may not be worn for the gree that you may publish my personal information as part of the res	confirm that I will not compete unless I am fit to do so. I agree that my the extent permitted by law) no person(s) or organisation(s) shall be liable for used, arising out of or in connection with or, suffered during or as a result of, de liability for death or personal injury caused directly by the negligence of event is cancelled on safety grounds or due to events beyond the organisers' his event and will result in my disqualification. Figure 1. The event and may pass such information to the governing body or any lishing results either for the event alone or compared to

other events. Personal information may include (but not be limited to) name, any club affiliation, race times and age category.

Signature _____ Date

For entrants aged below 18: I have consent to enter from a parent or responsible adult.