



# HEADINGTON 5 ROAD RACE CORPORATE CUP ENTRY FORM

Sunday 27th  
August 2017  
9.30am

Race HQ:  
OXSRAD Sports and  
Leisure Centre,  
Marsh Lane,  
OX3 0NQ

Proceeds from the  
Race go to support  
OXSRAD—Oxford's  
integrated sports  
centre

H5M is a 5 mile road race starting at the Boults Lane Recreation ground (just 400m from race HQ) in Marston. It's the only 5 mile race in Oxford City and is a great morning out for the whole family.

The Corporate Cup is your chance to see how you compare against other companies in the local area, raise cash for OXSRAD and have a bit of fun along the way.

#### How it works:

- Enter a team of 4 to 6 colleagues
  - Entry fee £60 per team, regardless of size
  - On the day: first 4 team members to cross the line contribute to your score and lowest score across all corporate teams wins!
- Simple

Your team can consist of all ages (15 and over) and any mix of gender and every finisher receives a technical finishers' t-shirt.  
Please note: If you are part of a corporate team you won't also be counted as a member of a club team

For more details and full terms of the race please visit:  
[hrr.org.uk/h5m](http://hrr.org.uk/h5m)



PLEASE COMPLETE THIS FORM IN FULL, READ AND SIGN THE DECLARATION OVERLEAF AND RETURN TO:

RACE SECRETARY 30 ST ANNE'S ROAD, HEADINGTON, OXFORD OX3 8NL  
PLEASE INCLUDE CHEQUE PAYMENT FOR FULL TEAM ENTRY FEE OF £60

MADE PAYABLE TO: HRR RACE

ENTRIES CLOSE 25TH AUGUST 2017—ENTRY LIMIT: 450

RACE NUMBERS FOR ALL TEAM MEMBERS TO BE COLLECTED ON THE DAY OF THE RACE

**Team name:**

**Company name:**

**Contact address for team captain:**

**Contact email address for team captain:**

#### Team details:

| Team member  | Team Member name | DOB | Contact number | T-shirt Size   | Gender |
|--------------|------------------|-----|----------------|----------------|--------|
| Team captain |                  |     |                | S / M / L / XL | F / M  |
| 2            |                  |     |                | S / M / L / XL | F / M  |
| 3            |                  |     |                | S / M / L / XL | F / M  |
| 4            |                  |     |                | S / M / L / XL | F / M  |
| 5            |                  |     |                | S / M / L / XL | F / M  |
| 6            |                  |     |                | S / M / L / XL | F / M  |

## OXS RAD Sports and Leisure Centre

A welcoming place where all abilities come together to enjoy sport and recreation  
OXS RAD is a unique sport and recreation centre that is accessible to both the able and disabled. It offers many sports and recreational activities which cater for a variety of interests and needs.

OXS RAD is a charitable organisation which relies heavily on grants, fundraising, memberships and activity fees to provide the services that are currently available.

**As part of the team spirit of the corporate cup we would love for you to help us raise vital funds for OXS RAD.**

**Here are some simple fundraising ideas you can do with your colleagues right in the office!**

- Anyone enjoy a spot of baking? Hold a Bake Off and ask for donations for cake after the winner has been announced
- Hold a sweepstake—what time will the slowest member of the team cross the finish line? What order will you finish in? Or even who will win Wimbledon!?
- Take a sponsorship form to work and simply ask for a kind donation for your hard work in training
- Set up a Virgin Money fundraising page and watch your total grow:  
[http://bit.ly/VMG\\_OXS RAD](http://bit.ly/VMG_OXS RAD)

There will be prize for the team who raises the most by 26th August. Please submit your final amount by email to [info@hrr.org.uk](mailto:info@hrr.org.uk) and bring your sponsorship money with you to the race HQ on race day.

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**For more information about  
Headington Road Runners and the  
Headington 5M race please visit our  
website: [hrr.org.uk/h5m](http://hrr.org.uk/h5m)**

Please read the following declaration and if happy with the content sign for yourself and on behalf of your team.  
I declare that I and all members of the corporate team are aged 15 years or over, and that we are all medically fit to run and understand that we each enter at our own risk and that the organisers shall not be held responsible for any injury, loss or damage as a consequence of any member of the team's participation in the event. If I or any member of my team have a medical condition which may be affected by the taking part in this race, this will be recorded on the reverse of each team member's race number. I understand this information is confidential and will only be used to enable the correct treatment from the race course doctor should it be required. I and each member of my team will abide by UKA and race rules, **and agree not to wear headphones during the race.**

Signed..... Date.....