

RACE IN SUPPORT OF OXSRAD

AN OXFORDSHIRE COUNTY CHAMPIONSHIP AND AN OXFORDSHIRE GRAND PRIX RACE

Headington5

HEADINGTON ROADRUNNERS 5 MILE ROAD RACE



Sunday 27 August 2017 9:30 a.m.

RACE HQ – OXSRAD SPORTS & LEISURE CENTRE, OXFORD

- Fast, flat course with PB potential • Chip timing • Minimum age 15
- Race time limit 75 mins so suitable for most abilities
- Strictly limited to 450 entries • T-shirt awarded to all finishers
- In aid of Oxsrads Sports & Leisure Centre

Enter online at www.hrr.org.uk/h5m

ENTER EARLY TO AVOID DISAPPOINTMENT!



Oxsrads Sports and Leisure Centre

A welcoming place where all abilities come together to enjoy sport and recreation

Oxsrads 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.

Oxsrads is a charitable organisation which relies heavily on grants, fund-raising, memberships and activity fees to provide the services that are currently available.



Old Marston Parish Council

Waitrose Headington

supported by

www.oxford.gov.uk



UKA licence number 2017-27171





UKA licence number 2017-27171



HEADINGTON ROADRUNNERS OPEN 5 MILE ROAD RACE 2017

Sunday 27 August 2017 at 9:30 a.m.
www.hrr.org.uk/h5m Run under UKA rules

Proceeds from the race will go to support Oxsradsport, Oxford's Integrated Sports Centre.

- Minimum age is 15.
- Race HQ: Oxsrads Sports & Leisure Centre, Marsh Lane, Oxford, OX3 0NQ.
- Race starts and finishes in Boults Lane Recreation Ground approximately 400 metres from the Race HQ.
- Race takes in the cycle tracks on the Northern Bypass and Marston Ferry Road and is largely free of traffic.
- Time limit 75 minutes. All support will be removed from the course pro-rata on 15 min/mile pace.
- Enter online at www.hrr.org.uk/h5m, or fill in this form and post to Race Secretary.
- Online and postal entries close on 25 August 2017 unless the entry limit has been reached before then; entry limit 450; entries are permitted on the day subject to the race not being full.
- Please note, in the past the race has filled up a week in advance. Check for updates about this on the race website.
- No refunds, but places can be transferred by contacting the race secretary, raceselector@hrr.org.uk.
- Contact the race director with any questions: racedirector@hrr.org.uk.
- Race T-shirt awarded to all finishers.

Prizes for individuals

Men

Overall winner
1st, 2nd, 3rd Senior
1st, 2nd, 3rd V40
1st, 2nd, 3rd V50
1st, 2nd, 3rd V60
1st V70

Ladies

Overall winner
1st, 2nd, 3rd Senior
1st, 2nd, 3rd V35
1st, 2nd, 3rd V45
1st, 2nd, 3rd V55
1st V65

Prizes for first team in each of the following categories

Men's Team
Ladies' Team
Corporate Team
Most Money Raised by a Corporate Team

The use of headphones is not permitted. This is for the safety of runners, as those with headphones are unable to hear traffic or the instructions of marshals. Offenders will be disqualified, not have a time recorded and not be eligible for prizes.

HEADINGTON 5 MILE ROAD RACE ENTRY FORM (Block capitals please)

SURNAME	<input type="text"/>	FIRST NAME	<input type="text"/>
ADDRESS	<input type="text"/>		
POSTCODE	<input type="text"/>	TELEPHONE	<input type="text"/>
EMAIL	<input type="text"/>		
DATE OF BIRTH dd/mm/yy	<input type="text"/>	AGE ON RACE DAY	<input type="text"/>
		M/F	<input type="text"/>
RUNNING CLUB	<input type="text"/>		T-SHIRT SIZE S M L XL XXL
		EA NUMBER	<input type="text"/>

Do you want to enter the Oxfordshire County Championships? ■

If you are eligible, we encourage you to do so. A separate set of results is produced for Oxfordshire runners with prizes awarded.

You must fulfil one of the following criteria:

- 1 Born in Oxfordshire.
- 2 Nine months' continuous residence in the county leading up to the race.
- 3 Service in a unit of HM Forces stationed in the County for nine months immediately before the race. Temporary absence on duty immediately before the race shall not break a qualification required by this paragraph.

You should not have not represented another county this year. You do not need to belong to a club. You must enter at least seven days before the race to be included in the County Championship.

For corporate team entries please use the dedicated corporate team entry form which can be found at: www.hrr.org.uk/h5m

Fastest 4 to score for Men's Teams, fastest 3 to score for Ladies' Teams. Runners entering as part of a corporate team will not also be eligible for a club team. To score for a UKA club team runners must be first claim for that club and wearing a club vest.

Cheque enclosed for £13 affiliated, £15 unaffiliated, payable to HRR RACE.

£1 extra on the day of the race if places still available.

If you do not include your EA number you must pay the unaffiliated fee.

Send entries to: Race Secretary, 30 St. Anne's Road, Headington, Oxford OX3 8NL.

RACE NUMBERS TO BE COLLECTED ON THE DAY. Online and postal entries close on 25th August 2017; entries are permitted on the day subject to the race not being full.

I declare that I will be aged 15 years or over on the day of the race; that I am medically fit to run and understand that I enter at my own risk; and that the organisers shall not be held responsible for any injury, loss or damage as a consequence of my participation in the event. If I have a medical condition which may be affected by my taking part in this race, I will record it on the reverse of my race number. I understand this information is confidential and will only be used to enable correct treatment from the race medical support team should it be required. I will not give my race number to another runner without the agreement of the race secretary. I will abide by UKA and race rules, and agree not to wear headphones during the race.

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