St Michael's Hospice
Hereford Half Marathon 2013 Relay Team Entry Form

Relay Teams

Relay Teams are welcomed for the Half Marathon with a maximum of 4 runners per team. The changeover points are: 1st water station (approx 3 miles) – 2nd water station (approx 6 miles) - 3rd water station (approx 9 miles). The last runner runs the final 4 miles.

A team co-ordinator is required to be the contact person to receive information on the event – please complete the relevant section on the form. **NB: We cannot accept relay entries on the day.**

Relay Runner 1 (co-ordinator)

Surname First name Sex M / F

Age on race day Date of birth D D M M Y Y Y Y

Address

Postcode

Email Tel

Relay Runner 2

Surname First name Sex M / F

Age on race day Date of birth D D M M Y Y Y Y

Address

Postcode

Email Tel

Relay Runner 3

Surname First name Sex M / F

Age on race day Date of birth D D M M Y Y Y Y

Address

Postcode

Email Tel

Relay Runner 4

Surname First name Sex M / F

Age on race day Date of birth D D M M Y Y Y Y

Address

Postcode

Email Tel

Please complete payment details and sign the declaration overleaf

St Michael's Hospice is a registered charity no. 511179

Official use only		
	Batch number	Running number
	IRN	

Hereford Half Marathon 2013

In aid of St Michael's Hospice, Hereford

ST MICHAEL'S HOSPICE

Sunday 12th May 2013
Start at 10.00am
Hereford Leisure Centre
Holmer Road, Hereford

Sponsored by WESTERN POWER DISTRIBUTION
Serving the Midlands, South West and Wales

St Michael's Hospice
Hereford Half Marathon 2013

The Hereford Half Marathon is a 13 mile 193 yards road race. A single lap course with good spectating points, it contains a good balance of undulating and flat sections. The race starts and finishes at Hereford Leisure Centre and the current course record is 1:08:57 (2006). Runners must be 16 or over to compete.

Entry fees per person are £18 in advance if affiliated to a club or £20 in advance if unaffiliated. **Late entries can be accepted on the day before 9.30am at the price of £23 (affiliated) and £25 (unaffiliated). Relay Teams pay £20 per person, and can only enter in advance of the day**. Sponsorship is welcomed (and greatly appreciated!).

To enter complete the appropriate form (individual or relay) and send it with your entry fee and an A4 SAE with a large letter postage stamp to: **The Events Team, St Michael's Hospice, Bartestree, Hereford, HR1 4HA**. We will then send you your race letter/ number, information and sponsor form.

Alternatively, you can enter online using our secure payment system at http://bit.ly/smhhm13. Please note this is a competitive race and other events are available for walkers.

Put your sponsor form online!

There are several online donation sites, e.g. bmycharity.com, justgiving.com, virginmoneygiving.com, where friends and family can sponsor you. There are several hospices called St Michael's, so please look out for our logo and our registered charity number 511179. Once you have set up your page, email all your contacts with the address and details so they can visit it and sponsor you!

The Half Marathon starts and finishes at Hereford Leisure Centre, Holmer Road, Hereford, HR4 9UD. There are changing facilities, showers, limited parking, refreshments and a bar available.

Event opens at 9am
Half Marathon starts at 10am

For up-to-date information please visit the Half Marathon event page on our website: http://bit.ly/smhhm13

St Michael's Hospice
Bartestree, Hereford HR1 4HA
Tel: 01432 851000
Fax: 01432 851022
Email: info@st-michaels-hospice.org.uk
www.st-michaels-hospice.org.uk

St Michael's Hospice is a registered charity no. 511179

Cover photograph courtesy of George Burgess Photography

Enter online at http://bit.ly/smhhm13 or complete either the Individual (below) or Relay Team (overleaf) entry forms and sign the declaration below.

St Michael's Hospice
Hereford Half Marathon 2013 Individual Entry Form

Please note we can only accept one individual entry per form.

Individual Runners

Prizes will be awarded for all the usual categories (for further details please contact us) there are also Team Prizes (three to score).

Surname | First name | Sex M / F

Age on race day | Date of birth | D D M M Y Y Y Y | Veteran Category

Address

Postcode

Email | Tel

Club | Affiliated Yes ☐ No ☐

Club affiliation number | Best time | Predicted

Payment Details Please make all cheques payable to **St Michael's Hospice**

Runners

Individual (£18/£20)	£
Relay (£20) each	£
Donation*	£
Total	£

☐ *I would like to make a donation and enclose £

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and CASCs that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

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Declaration: I understand that the organisers will in no way be responsible for any injury, illness, accident or loss of property resulting from my participation in the event. I am an amateur as defined by the rules of UK Athletics.

Signed | Date

Please send completed entry form, A4 SAE, large letter stamp and payment to: The Events Team, St Michael's Hospice, Bartestree, Hereford HR1 4HA.

We respect your privacy and will not sell your details to other organisations. However, we would like to keep you informed about our work and send you details about our campaigns and fundraising. If you prefer not to receive any details, please tick this box. ☐

If you would like to receive information only about sporting events please tick this box. ☐

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