

Kelvin McConville Memorial Hogweed Trot
Yate 10K

Monday 18th May 2020 @ 7.00 pm
To apply online search Hogweed Trot or visit

<https://www.fullonsport.com/event/hogweed-trot-10k-2020/profile>



Held under ARC Rules

Certificate of Course Accuracy No – 13/370

THIS RACE WILL BE CHIP TIMED NO CHIP =NO TIME

Forename:		Surname:	
Age On Race Day:		Date Of Birth:	
Male/Female:	Email Address:		
Address:		Tel No inc STD:	
		Mobile Telephone No:	
Post Code:		Name of Affiliated Club: State if Unattached	
TICK BOX FOR ENTRY INTO THE AVON COUNTY CHAMPIONSHIPS**			
<i>**To enter the Avon County Championships runners must meet the criteria on the next page</i>			
DATA PROTECTION: The information you provide will be used solely for the purpose of race results, information and identification for health and safety reasons. The information will only be available to members of the results team and appropriate race officials and will not be passed on to any other person or agency.			
DECLARATION: Please enter me for the Hogweed Trot 10K. I declare that I am medically fit to run and enter entirely at my own risk. I declare that I abide by the ARC rules. I do not hold the organizers or sponsors responsible for any injury, illness, loss or damage to me or my property in the course of, or in connection with, this event. I will be 15 years old on race day. I will adhere to the ban on iPods and MP3 Players during this event.			
Signed:		Date:	
(parent/guardian for under 18s)			
Race Entry Fees:	Affiliated £14.00	Non Affiliated £16.00	
Closing Date For Postal Entries 11th May 2019 – Race entries received before 4th May will have names printed on race number			
The entry form must be signed by the competitor, or parent/guardian. Please enclose a signed cheque payable to: "Hogweed Trotters" to: Hogweed Trot, Jenny Wass, 14 Station Road, Yate, BS37 4PS. Telephone number 07780 455057 Email hogweedaces@gmail.com			
Race Director: Dave Stott Telephone: 07733368575 or e-mail: hogweedaces@gmail.com Please remember to collect your number and chip, before the Race, from Race Headquarters at Yate Town Football Club. Chip collection opens at 5.30pm.			

The race is held in memory of Kevin McConville a greatly missed member of the Hogweed Trotters who died unexpectedly in the Autumn of 2008.

- Chip timing:** The race will be chip timed. Please collect your number and chip, before the race starts at 7pm, from race HQ at Yate Town Football Club from 5.30pm. No chip will mean no time will be recorded. At the finish, please hand in your chip.
- Race HQ:** Yate Town Football Club, Lodge Road, Yate, Bristol, BS37 7LE.
Parking, toilets, bar and limited changing facilities are available.
There will be a supervised facility to leave baggage at your own risk. The organisers and sponsors will not be held responsible for any damage or loss to your property.
- The Course:** A flat, fast course on quiet rural roads. There will be **kilometre markers** along the route.
- Results:** Results will be available the evening of the race at www.dbmax.co.uk. Runners will be able to obtain an individual print out of their time, immediately after the race, at Race HQ.
- Entries On The Day:** No entries on the day.
- Transfers:** Cut-off date 4th May
- The Race:** Starts at 7.00 pm. The distance from the Race HQ to the start line, just past the Fox Pub on Broad Lane, is approximately 200 metres.
- Pace makers:** Five pace makers will run the Trot to assist runners achieve sub 40 minutes, sub 45 minutes, sub 50 minutes, sub 55 minutes and sub 1 hour.
- Race Awards:** Presentation to commence at 8.15pm. Prizes - one per runner.
Prizes to: 1st three men and 1st three ladies 1st lady under 18 and 1st male under 18
LV40, LV50, LV60, LV70 MV40, MV50, MV60, MV70
Medals to all finishers Spot prizes (£50 prize for course record)
(Currently 36:13.7 female, 31:56.2 male)

Headphones are forbidden to be used by all runners during the race.

****AVON COUNTY CHAMPIONSHIPS**

AVON ATHLETIC ASSOCIATION RULES: Please check <http://www.avon-aa.org.uk/> for eligibility criteria.

Please provide details of any medical conditions you have that the race organisers need to be aware of in the event that you require medical assistance.