

The 3rd Thrussington Fun Run

Fun Run including stream crossings and hay bale challenges.
Organised by Thrussington C of E Primary School PTFA and supported by *Wreake Runners*

Part of the 'x-country fun run series'

Saturday 14th March 2009

1st Race Starting Time 2:00pm

NO entries on the day. Entries in advance only. Permit applied for.
Recommend Postal entry before 6th March.

Entry Fee - £3.50 per person (excludes adults accompanying under 6's)

NEW FOR 2009 - PRE-SCHOOL, VET 50, CASH PRIZE FOR FASTEST RUNNER TO BEAT COURSE RECORD, SEPARATE PRIZES FOR NON-CLUB RUNNERS AND SPOT PRIZES.

A medal and goody bag for all finishers (excluding adults accompanying under 6's)
Trophies for 1st attached & unattached (ie. not members of a running club) male and female in each age category.

RACE 1	PRE-SCHOOL - SCHOOL YEAR 6
START TIME 2pm	All children aged 6yrs and under must be accompanied by an adult whilst running
TROPHY AGE CATEGORIES	NUMBER OF LAPS/DISTANCE
PRE-SCHOOL	1 Lap (3/4 mile)
SCHOOL YEAR :- RECEPTION - YEAR 2	1 Lap (3/4 mile)
SCHOOL YEAR 3 - YEAR 6	1 Lap (3/4 mile)
RACE 2	SCHOOL YEAR 7 - AGED 17 YEARS
START TIME approx 2:20pm	
TROPHY AGE CATEGORIES	NUMBER OF LAPS/DISTANCE
SCHOOL YEAR 7 - YEAR 9	2 Laps (1.5 miles)
SCHOOL YEAR 10 - AGE 17 YEARS	2 Laps (1.5 miles)
RACE 3	ADULTS 18+ AND VETS 50+
START TIME approx 2:40pm	
TROPHY AGE CATEGORIES	NUMBER OF LAPS/DISTANCE
ADULTS 18+	2 Laps (1.5 miles)
VETS 50+	2 Laps (1.5 miles)

2 x Family Team Prizes (attached & unattached) -

3 runners to count (must either be 1 adult + 2 children or 2 adults + 1 child)

1st Primary School and 1st Secondary School Team Prizes (6 to count)

Special Prize for Oldest competitor.

£10 Cash prize for the fastest runner to beat current course record of 10 min 7 secs
(only relevant for races 2 and 3).

Post race hot refreshments and prize giving in the village hall.

For more information contact race secretary: info@thrussingtonfunrun.co.uk

or visit the race website: www.thrussingtonfunrun.co.uk

Race Sponsors:

Lafarge Aggregates & Concrete UK, Bob & Mandy at The Blue Lion, The Star Inn, Loughborough & Soar Valley Leisure Centres, Everyone Active and Flint.

With special thanks to John & Emma Rudkin and Wreake Runners

The 3rd Thrussington Fun Run Entry Form

Name (in block capitals)	Age on 14/3/09	Name of School (if appl)	School year (if appl)	Sex (m/f)	Club name (if affiliated)	Race No. (for official use)

Consent for Race Photo - Y/N

Family Team Name (if applicable) - _____

Postal Address - _____

Emergency contact & number - _____

Email address - _____

Please post completed entry form along with a **LARGE** stamped self-addressed envelope (with correct postage) and a cheque made payable to:

Thrussington C of E Primary School PTFA, and post it to:
Race Secretary, 8 Back Lane, Thrussington, Leics. LE7 4TD.

Conditions of race:

- 1) Children aged 6 or under must be accompanied by an adult legally responsible for them, or by an adult selected by the person legally responsible for them.
- 2) Clothing - Suitable clothing should be worn eg. In cold weather bring gloves. A dry change of clothing will be necessary after the race.
- 3) Footwear - **No spikes**. Football boots or waffles (cross country shoes) recommended, or trainers.
- 4) Village Hall - No muddy footwear allowed in hall.
- 5) Medical Condition - If you or the person you are legally responsible for have a medical condition or ailment which requires medication, this is your responsibility and we advise consulting your GP before entering the run.
- 6) I/we enter this run at my/our own risk and will not hold the organisers responsible for any accident or loss, however caused.

Please sign below to confirm that you have read and agreed to the above conditions. To be signed by the competitor or the person legally responsible for the competitor if they are under 18 years.

Signed - _____

Date - _____

Please detach entry form along dotted line