



# PORTSMOUTH JOGGERS CLUB



In aid of the

Portsmouth Hospital's Rocky Appeal

Present

## The 27<sup>th</sup> Annual

# PUB-TO-PUB CHARITY ROAD RACE & WALK

Under A.R.C Rules. Permit No. applied for

On

## Tuesday 27<sup>th</sup> December 2011 @ 11am

The Pub-to-Pub road race is traditionally held to support the Portsmouth Hospitals Rocky Appeal. Last years race raised £2000 towards the appeal. This years Rocky Appeal is in aid of a new £3m state of the art Digital Keyhole Operating Theatre, at Queen Alexandra Hospital, Portsmouth

**Venue:** Blendworth Centre, Blendworth Lane, Horndean, just off the A3 (M), approx. 12 miles north of Portsmouth.

**Course:** From the SHIP & BELL (Horndean) to the RED LION (Chalton) and back. An undulating course of approx. 7miles. **THERE IS A TIME LIMIT OF 90 MINUTES FOR THE RACE.** Those who think they are unable to complete the course inside the time are advised to enter the walk over a course approx. of 3.5 miles. The Pub-to-Pub course is unsuitable for wheelchairs.

**Basic Rules:** A partner will be drawn at random for each competitor; where possible the teams will be 1 man and 1 woman. Results will be decided on the combined finishing positions. Team members do not need to run together. Minimum age 17 for the run. **CHILDREN MUST BE ACCOMPANIED BY AN ADULT ON THE WALK.**

**For Safety Purposes - NO IPODS, EARPHONES etc.**

**Prizes:** The following prizes will be awarded: -

- Winning team of two
- 1<sup>st</sup> Male and 1<sup>st</sup> Female Runner
- A number of spot prizes for teams of two. Runners are asked to attend presentation to collect prize.

**Closing date:** 22nd December 2011. Please send a 9"x 6" S.A.E for race details and number. Entries received after the 20<sup>th</sup> Dec. or without an S.A.E must be collected on the day. Entry on day subject to race limit. **NO ENTRIES ACCEPTED AFTER 10.30am.**

**Entries to:** The Race Director, 67 Empshott Rd, Southsea, Hants, PO4 8BY

**Entry Fee:** £7 Affiliated ARC/UKA- club runner, £9 Unattached, £6 Walker. ALL on day entry fees are £2 extra.

**Cheques payable to: Portsmouth Joggers Club.**

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Please Complete Form In **BLOCK CAPITALS**

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SURNAME \_\_\_\_\_ FORENAME \_\_\_\_\_ M / F

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_ TEL No. \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ CLUB (ARC/UKA AFFILIATED) \_\_\_\_\_

Email address \_\_\_\_\_

RUNNER / WALKER (Delete as necessary) ENTRY FEE:  £7 ARC/UKA Affiliated,  £9 Unaffiliated,  £6 Walkers  
 £2.00 Extra on Day  50p Results

Additional charity donation (Optional) £ \_\_\_\_\_

Total Enclosed £ \_\_\_\_\_ (Non- refundable)

I accept that the organiser will not be held responsible for injury, illness or loss incurred whilst participating in / attending the event and that all competitors / walkers take part at their own risk.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Where did you hear about the race or obtain form? \_\_\_\_\_

If you object to your results or possible photo appearing in the press, we suggest you do not enter this event.