**MUMS ON THE RUN HALF MARATHON**

**SUNDAY 20TH DECEMBER 2020**

**START TIME 9AM**

**START & FINISH LOCATION:**

**ST HELENS CHURCH, ST HELENS ROAD, B91 2DA**

Please park appropriately and NOT on the road!

**Dress code**: MotR kit or similar high vis yellow top (some yellow tops can be purchased in time for the event, £5 for vest and £8 for long sleeve top without printing - this can be added in the new year)

**Cost to enter:** £5 payable via our club app or on the day. Non members are also welcome, but will need to complete a health waiver before they can enter! Please just ask a coach for more information if you have a victim to bring along!

*To enter, simply complete the form and return via email by FRI 18th DEC to mumsontherunsol@gmail.com*

MEMBER NAME:

EMERGENCY CONTACT:

ANY MEDICAL ISSUES?

ESTIMATED FINISH TIME:

MY AUTOGRAPH

(that you have read the “IMPORTANT BIT”):

PREVIOUS HALF PB (IF APPLICABLE):

PAYMENT IN CASH TO COACH OR VIA SPOND (OUR CLUB APP)

**IMPORTANT BIT** this is a club run, the roads/paths we use will NOT be closed exclusively to us! There will be no paramedics out on the course, but any first aid trained participants will be identified at the start of the run and a first aid kit will be available at various points along course. There is no time limit. A refreshment station will be manned by kind friends of MotR at the half way point. The start and finish line will be manned and the race will be timed and your finish time logged as accurately as possible. We encourage you to time yourself on your usual running device. Please follow the usual Highway Code in relation to crossing any roads and use of the paths/roads. Please remember to represent our awesome club with respect for our community and one another. Bring any friends and family to cheer you on! Failure to disclose on this form or in person to one of the coaches any contraindications that may affect your participation means you waive your right to any insurance. This is a fun run, remember that! Any other questions, please ask! Please ensure you have made yourself familiar with the route and dig