

The Jim Dingwall Elloughton 10K

12th August 2007



10K Start 9.30am 3k Fun Run 11am

2006

2005

2004

2003

2002

UKA Rules Apply Permit Number: 8005

A Road Race Presented by:

Kingston Upon Hull A.C.



A flat, rural 2 lap 10k road race starting and finishing at Brantingham Park, Elloughton.

Souvenir t-shirt to all 10k finishers. Medal for all fun runners.

Toilets, changing, refreshments, prizes and results at Brantingham Park.

Men and Women must be at least 15 years of age on race day for the 10k.

Prizes for first 10 men, first 5 ladies. Extensive veteran, junior, and team prizes.

Prizes for setting new course records.

Course records: (men) 30.12 Neo Molema (RSA) (Women) P. Wangui 35.26 (KEN)

UKA club runners £7. Unattached runners £9 Fun Run £2.

Entries to 10k on day (If available) £2 surcharge.

Closing date for entries 6th August 2007.

ENTRY LIMIT 600 - ENTER EARLY TO AVOID DISAPPOINTMENT.

Supporting:



ENTRY FORM - Download extra copies from www.kuhac.co.uk

Cheques payable to: Kingston Upon Hull A.C.

Send entries to: Race Secretary, 16 Whitby Grove, Rhodes Street, Kingston Upon Hull, HU3 5RZ

All enquiries to Humber Runner: 01482 647613 or Stuart Buchan: 01482 505790

Enclose 9"x6" SAE for race number and Info. NO SAE, NO NUMBER

First Name:	Surname:	
Address:		
	Postcode:	Email:
Tel: (DAY)	Tel: (EVENING)	
Age at 12th Aug 2007:	Date of Birth:	
Club:	Membership Number:	
Is Your Club UKA Affiliated? YES/ NO	Gender: MALE/ FEMALE	
UKA Club Member £7	Unattached Runner £9	Fun Run £2
Please Circle Event Entered:	Fun Run	10K
		Estimated Time:

For every entry in the 10K Kingston Upon Hull A.C. will make a donation to Dove House Hospice and Yorkshire Cancer Research. If you wish to make an additional contribution please indicate the amount and include it in your entry fee. Thank You.

Amount Donated: £

DECLARATION: I declare that I am an amateur according to UKA rules and that I am medically fit to run. I accept that the organisers shall not be liable for any injury, illness, damage or loss of property sustained as a result of my taking part in this event.

Signed:

Date:

