



Sunday 9th August

UKA Rules Apply Licence Applied For

10K Start 9.30am 3k Fun Run 11am

ENTRY FORM - Download more from www.kuhac.co.uk

Cheques payable to **Kingston upon Hull AC**. Send entries to - Race Secretary, Humber Runner, 229 Boothferry Road, Hessle, HU13 9BB. Enquiries to Humber Runner: 01482 647613. Enclose 9" x 6" SAE for race number and info. **NO SAE, NO NUMBER.**

Surname:	First name:		
Address:	Postcode:		
Tel. (Day):	Tel. (evening):		
Age on race day:	Date of Birth:		
Club:	Competition Licence Number:		
Is club UKA affiliated?	YES/NO	Gender:	MALE/FEMALE
UKA Club member £8	Unattached £10	Fun Run £3	
Please circle event entered	Fun Run	10k	Estimated time (10k):
For every entry in the 10k KuHAC 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 with you 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: _____

ONLINE ENTRY AVAILABLE AT www.race-results.co.uk

Important Details:

UKA club runners £8. Unattached runners £10
Fun Run £3.

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

Closing date for entries 31st July 2009

ENTRY LIMIT 600 - ENTER EARLY TO AVOID
DISAPPOINTMENT.

General Information:

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)