

Kingston Upon Hull A.C.  
Presents

**The 2008**

**Jim Dingwall  
Elloughton 10K**

**Sunday 10th August**

**10k Start 9.30am  
3k Fun Run 11am**

**Entry Details:  
Humber Runner  
01482647613**

Mutation Of This Number Will Lead To Disqualification

**Sponsored By:**



**The Mizuno  
Beverley 5K Classic**

**Friday 1st August 2008**

A four lap race  
around the centre of Beverley

**Race Start 6pm**

**Licence Applied For**

## Important Details:

**30 MINUTE TIME LIMIT** due to course closure for  
**The National Circuit Race Championships.**

UKA club runners £8. Unattached runners £10

**Minimum age for 5K is 13 years of age.**

Closing date for entries 25th July 2008.

**Entry Limit 200.**

## General Information:

**Race start and finish in the Market Place, Beverley.**

Parking at Longcroft School.

**Over £500 worth of prizes  
Including Men's and Women's 1st place prize of £100.**

Following **The Mizuno Beverley 5K Classic** is  
***The British Cycling National Circuit Race Championships***  
At **7.40pm**

1 hour plus 5 laps of the 1.25km circuit  
through Beverley Town Centre with sections over cobbles

[www.eastyorkshireclassic.co.uk/nationals](http://www.eastyorkshireclassic.co.uk/nationals)

ENTRY FORM - Download more from [www.kuhac.co.uk](http://www.kuhac.co.uk)

Cheques payable to **Kingston upon Hull AC**. Send entries to: Race Secretary, Mrs K Lonsdale, 20 St Michaels Drive,  
Hedon, East Yorkshire, HU12 8QG

All enquiries to **Humber Runner: 01482 647613**

Enclose a 9" X 6" SAE for race number and info. NO SAE, NO NUMBER.

Surname:		First name:	
Address:		Postcode:	
Tel. (Day):		Tel. (evening):	
Age at 1st Aug 2008:		Date of Birth:	
Club:		England Athletics Registration number:	
Is club UKA affiliated?	YES/NO	Gender:	MALE/FEMALE
UKA Club member £8	Unattached runner £10	Estimated time for 5k:	
Email:			

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: \_\_\_\_\_