

**Supporting:**



**dovehouse  
hospice**

caring for people with a life limiting illness



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[www.kuhac.co.uk](http://www.kuhac.co.uk)

Mutilation Of This Number Will Lead To Disqualification

**Kingston Upon Hull A.C.  
Presents**

**The  
2008**

**Jim Dingwall  
Elloughton 10K**

Mutilation Of This Number Will Lead To Disqualification

**Sunday 10th August**

**UKA Rules Apply    Licence Applied For**

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

**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, 16 Whitby Grove, Rhodes Street, Hull, HU3 5RZ. Enquiries to Humber Runner: 01482 647613 or Stuart Buchan: 01482 505790  
**Enclose 9" x 6" SAE for race number and info. NO SAE, NO NUMBER.**

Surname:	First name:		
Address:	Postcode:		
Tel. (Day):	Tel. (evening):		
Age at 10th Aug 2008:	Date of Birth:		
Club:	England Athletics Registration Number:		
Is club UKA affiliated?	YES/NO	Gender:	<b>MALE/FEMALE</b>
<b>UKA Club member £8</b>	<b>Unattached runner £10</b>	<b>Fun Run £3</b>	
Please circle event entered	<b>Fun Run</b>	<b>10k</b>	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: \_\_\_\_\_

## 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 4th August 2008.**

**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 and 9 years of age for the Fun Run.

**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)**