

City of Hull Athletic Club

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Humber Bridge 10K Challenge

License Number: 2009008

UKA Rules Apply

1st, 2nd and 3rd Male and Female & 10 Spot prizes provided by



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SUNDAY 31st May 2009 11.00 am. Fun run 10am

- A scenic 10k race starting & finishing at Hessle Rugby Club crossing both sides of the Humber Bridge with a Water station at 3 miles and finish
- Toilets, changing, refreshments and prizes at Hessle Rugby Club
- Men and women must be at least 16 years of age on race day
- Race souvenir to all 10K and fun run finishers courtesy of Seven Seas
- Results available shortly after the race on our website www.cityofhullac.co.uk
- **10K Entry Limit – 500 runners. No 10K entries on the day, please apply early as limit is usually reached well in advance. Fun Run entries on the day welcome.**

Entries to: **Humber Bridge 10K, c/o Derek Ricketts, 5 Denesway, Hessle, East Yorkshire, HU13 ONL.** Telephone enquiries: **07971 973751** before 9pm please

Entry Closing Date: Sat 24th May 2009. Please make cheques payable to City of Hull AC and enclose a 9" x 4" SAE for race number and information. **NO SAE, NO NUMBER.**

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ENTRY FORM

Surname:		First Name:	
Address:			
		Postcode:	
Daytime Telephone:		Evening Telephone:	
Age on 1 st June 2009:		Date of Birth:	
Club:		Competition Licence number:	
Is club UKA affiliated? YES/NO		Gender: Male/Female	
10K Entry: 11am start		Fun Run Entry - £2.00 10am Start	
UKA Club member	£7.00	Name:	
Unattached runner	£9.00	School / Club:	
TOTAL		Age:	

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: _____