


FRIDAY 10th July 2009 at 7.30pm

(Under UK Athletics Rules – Licence Number 20090209)

1.75 Mile Family Fun Run supported by 

Walkington Playing Fields, Walkington, Nr Beverley, East Riding of Yorkshire

- **10K COURSE** is a rural undulating 1 lap circular route from **WALKINGTON** returning via **LITTLE WEIGHTON**
- **1.75 MILE MULTI-TERRAIN FAMILY FUN RUN AT 6.45pm**
- **RACE HQ** at WALKINGTON PLAYING FIELDS
- **A MEDAL** will be handed to all FUN RUN FINISHERS
- **TECHNICAL T-SHIRT** supplied by  FOR 10K FINISHERS

- **IN ATTENDANCE** will be  kit suppliers  for pre and post leg massage

Entry Limits – 700 for 10k & 300 for the Fun Run.

No Entries on the day for 10k or Fun Run

Entry Fees (No Refunds)

10K UKA CLUB MEMBERS £9.00 OTHER RUNNERS £11.00 - FUN RUN ALL ENTRANTS £2.50

10K PRIZES IN THE FOLLOWING CATEGORIES

(ONE INDIVIDUAL PRIZE PER PERSON)

Men 1st - 6th, First two Vets 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64 & 65+ 1st U'18, & 1st Unattached Walkington resident
First Team (3 to count)

Ladies 1st - 3rd, First two Vets 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59 & 60+ 1st U'18, & 1st Unattached Walkington resident
First Team (3 to count)

Detach and return with cheque (payee "Beverley A.C.") NO SAE REQUIRED postage included in entry fee:-
Walkington 10K, 34 Megson Way, Walkington, East Yorks, HU17 8YA. Email jedholden54@hotmail.com

Closing date for entries Fri 26th June (Earlier if limit reached)

Race Numbers and entrant information **will be posted out mid June**

Check out the club's website for up to date information www.beverleyac.karoo.net

ENTRY FORM – also enter online www.ukresults.net/online

Please Note - separate form required for each person and event

Photocopies accepted or download from www.beverleyac.karoo.net

Please enter me for (tick event):- 10K Race or 1.75 Mile Family Fun Run

(N.B. Entrants for 10K must be over 15 on race day & Adults running with children in the Fun Run must enter)

Routes not suitable for pushchairs, baby buggies or wheelchairs.

An 80min race time limit will be in place due to a police requirement to reopen closed roads.

First Name		Surname	
Address			
			Post Code
Sex M/F	Date of Birth		Tel No
UKA CLUB (if member)			Licence No

DECLARATION: (to be completed by or for each entrant)

I declare that I am an amateur according to the UK Athletics rules and that I am medically fit to run.

I accept that the organisers shall not be liable for any injury, illness or loss of property as a result of my taking part in this event.

Signature **Date**

(Parent or guardian of runners under 16)

NO SAE REQUIRED - included in entry fee