

Abington 10k 2015

Sunday 4th October, 10.30am at Granta Park

Held under UK Athletic Rules, UKA Licence 2015-16937

A multi-terrain, fast & slightly undulating course around the villages of Great and Little Abington.

- + Winners' prizes
- + Abington Hildersham Championship & Granta Park Championship
- + Race limit 500, age 15+
- + Medals
- + Plenty of free parking
- + First aid
- + Refreshments
- + Marshalled course
- + Water stations
- + Beginner friendly
- + **NEW FOR 2015 CHIP TIMING**



More info at www.abington10k.org.uk

Enquiries to abington10k@gmail.com

A fundraising event with all proceeds to Great Abington Primary School PTFA (Reg. Charity No:1136090)

Enter online at www.runnersworld.co.uk/abington10k

Or by post, send completed Entry Form with payment to: Abington 10k & Fun Run 2015 Entries, 11, Meadow Walk, Great Abington, Cambs, CB21 6AZ. Cheques payable to "Great Abington Primary School PTFA".

Closing date for receipt of postal entries is Saturday, 26/9/15, online entry closes midnight Friday 2/10/2015, or earlier if race is full.

ALL ENTRIES MUST BE MADE IN ADVANCE, THERE WILL BE NO ENTRIES ON THE DAY

Unfortunately due to terrain the 10k course is unsuitable for wheelchair users. Competitors must ensure proper preparation & fitness to compete, see www.runnersmedicalresource.com for guidance.

PPD


BioMed Realty

TWI

UP & RUNNING

ACORN GARAGE



Swift Timing

InnoTecUK

HAWTHORN

Get Fruity

FIT AGAIN SPORTS THERAPY

CAMBRIDGE WATER COMPANY

Abington Stores & Post Office

Tees
LOW

THREE TUNS
Great Abington

Cheffins

Entry Form Abington 10k Run 2015

Personal Details

Full Name

Home Address

Date of Birth

☐ Male

☐ Female

Telephone

Postcode

Email

Medical & Contact details on the day (will be printed onto the back of your race number)

Do you have any medical conditions?
(heart disease, diabetes, epilepsy etc.)

☐ Yes (give details)

☐ No

Do you have any allergies that you are aware of?

☐ Yes (give details)

☐ No

Contact person (contactable on the day)

Name

Telephone

Eligibility for Championships

☐ I am resident in Abington/Hildersham and wish to enter the Abington Hildersham Championship.

☐ I am an employee at Granta Park and wish to enter the Granta Park Championship.

Payment

☐ I enclose Standard Entry Fee £15

☐ I am UKA affiliated and enclose Entry Fee £13

UKA affiliated entrants only.

Club

UKA Reg No

Declaration

I agree to abide by UK Athletics Rules & that the race officials decisions will be final. I confirm that I have no medical disabilities that would endanger myself or others taking part & will not run on the day if not fit. I give consent for my personal details to be released by the medical team to the race organiser to inform next of kin and statutory authorities in the event of a medical emergency. I understand that the organisers of the Abington 10km & Fun Run, Granta Park JCo 1 Limited, BMR LLC, BioMed Realty, L.P., and Biomed Realty Trust, Inc. will not be liable for any loss or injury, directly or indirectly, caused by, or resulting from participating in the race. I acknowledge that I am responsible for my own safety and the safety of my possessions whilst undertaking the race. I am aware that headphones are not allowed on the course. I give consent for any photos taken at the event to be used by the event organisers to publicise the event. Pursuant to the Data Protection Act 1998.

All runners under the age of 18 may participate only with consent of a parent/guardian.

Signature:

(parent/guardian if entrant is under 18)

Date: