Carterton 10k

& 5k Fun Run

Sunday 17th March 2013

In association with

ROYAL AIR FORCE

FUNDRAISING IN SUPPORT OF **HELP** *for* **HEROES**

10k Race Licence Number
2013-105124
5k Fun Run Licence Number
2013-105125
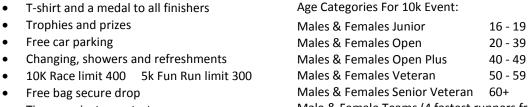
UKA UNITED KINGDOM ATHLETICS

runbritain.com

NOW A TIME CHIPPED RACE

10K Race Start Time: 10:30am

5K Fun Run Start: 10:35am

Registration Opens: 8:00am

Registration Closes: 10:00am

Venue & Start/Finish Location For Race:- Carterton Leisure Centre

- T-shirt and a medal to all finishers
- Trophies and prizes
- Free car parking
- Changing, showers and refreshments
- 10K Race limit 400   5k Fun Run limit 300
- Free bag secure drop
- Times against gun start
- iPods/MP3 players not allowed

Age Categories For 10k Event:

Males & Females Junior	16 - 19
Males & Females Open	20 - 39
Males & Females Open Plus	40 - 49
Males & Females Veteran	50 - 59
Males & Females Senior Veteran	60+
Male & Female Teams (4 fastest runners from affiliated clubs)	

Entrance Fees For Both 10k Race & 5k Fun Run

Club Affiliated Entrances : £12   Non Club Affiliated Entrances : £14

Closing Date For Advanced Entries:- Sunday 3rd March 2013

£2 extra for on the day entrances
£1 from each entrance goes straight to 'Help For Heroes'.
NOTE: All advanced entrances MUST pay non club affiliated price then a £2 refund
will be issued on the day with proof of club affiliation.

Send your ENTRY FORM to:

Carterton 10km, Carterton Leisure Centre, Broadshires Way, Carterton, Oxfordshire, OX18 1AA

Make cheques payable to: 'Better Leisure' or Pay by cash or card only at Carterton Leisure Centre only.
Race enquiries: Tel 01993 861981 / Email: robert.gunn@westoxon.gov.uk
Results will be available on the day on screen then within a day or two on the Better
website for a full printable list- www.better.org.uk/leisure/carterton-leisure-centre/page/140

ENTRY FORM (PLEASE FILL IN BLOCK CAPITALS)

10k Race Event ☐   5k Fun Run Event ☐ (Please Tick)

First Name: …………………………………... Surname: ....

Address: ……………………………………... Postcode: …………………………………………..

.... Phone No …………………………………………..

.... Email …………………………………………………………………

Age on 17/03/2013: _____   DOB: __ /__ /_____   **Sex**: Male / Female   **T-Shirt Size** S M L XL

Affiliated UKA Club: ....

Affiliated UKA Registration Number: ....

Previous Personal Best or predicted 10k/5k time: ....hours...............minutes

Any known medical conditions: ....

Declaration: I agree to abide by the UKA/RRA rules. I am medically fit to run and understand that I enter at my own risk and that the organisers will not be held responsible for any loss, damage, action, claim, injury or illness which may arise as a result of my participation. Minimum age: 16 years on race day (UKA Rules).

Runners Signature ……………………………….   Date: …………………….   **Office Use Only**: Race Number allocated: ……….…....