



ABINGDON MARATHON

Sunday 18th October 2009 at 9.00am

Sponsored by



Member No.393

Under UKA rules – Road Race Licence applied for
BARR Silver Grade



Incorporating:

*Oxon County Championship, Middlesex County Championship, Berkshire County Championship,
SCVAC Marathon Championship and British Army Marathon Championship*

The Course

Mainly flat, with the start and finish at the Tilsley Park Athletics Track. It passes through the town, alongside the River Thames and follows a scenic two lap route through several villages.

Entry fees

£28 affiliated club members, £30 unattached (inc £2 levy to SEAA)

*****ENTER EARLY- LAST YEAR'S RACE WAS FULL BY EARLY JUNE*****

Enter online at www.runnersworld.co.uk for instant confirmation

! PLEASE NOTE THERE WILL BE NO ENTRIES ON THE DAY !

Closing Date: 11th September 2009 (or when entry limit of 1,000 reached if earlier)
Runners must be 18 years or over on race day

Chipped timing. Drinks stations every three miles. Isotonic drinks on the course. Course support for five hours. Police cover. Some road closures. Well marshalled. First aid cover. Prizes and trophies in each category. T-shirt and memento to all finishers. Showers and changing facilities. Food available before and after the race. Proceeds to charities.

Results available on website. Course not suitable for wheelchairs.

Closing Date for entries is 11th September 2009
(or when entry limit is reached if earlier)

Confirmation of entry will be sent on receipt of entry form and cheque. Numbers, timing chips and race day information will follow around the end of September

Team entries: Only non-club teams need to be declared
First four men / three ladies score based on finishing positions

Accommodation / 2008 results: For links to accommodation, or 2008 results please check our website www.abingdonmarathon.co.uk or send a large SAE to PO Box 57 below.

Abingdon Marathon, PO Box 57, Abingdon, Oxfordshire, OX13 6XR

For entry queries email Tracey at pptp@waitrose.com

For all other queries email Gary at abingdonmarathon@aol.com

For general information see our website www.abingdonmarathon.co.uk

Should we have to cancel the race due to unforeseen circumstances we regret that refunds will not be available

ABINGDON MARATHON ENTRY FORM

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(You can also enter online at www.runnersworld.co.uk)

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| | | | | | |
|---------------------|--|--|--|--|--|
| Surname/Family name | | | | | |
| First names | | | | | |

| | | | | | | | | | | | |
|---------------|---|---|---|---|---|---|-----------------|--|-----|---|---|
| Date of birth | D | D | M | M | Y | Y | Age on race day | | Sex | M | F |
|---------------|---|---|---|---|---|---|-----------------|--|-----|---|---|

| | |
|----------------------------------|--|
| FULL NAME of affiliated club | |
| Team (if not an affiliated club) | |

| | |
|-----------------------------|---|
| Address – Building & Street | Please complete at least one of the contact details below in case we need to contact you: Tel (Home) Tel (Work) Email Please also include your England Athletics registration number below: |
| Locality | |
| Town | |
| County | |
| POSTCODE | |
| Country (if not UK) | |

| | | | | |
|---|------------|--------|-----------------------|---------------------|
| Do you wish to enter the following Championships? | | | | |
| Oxon* | Middlesex* | Berks* | Brit Army Mara.Champs | SCVAC (Mem/ship No) |
| * If you were born in Oxfordshire, Berkshire or Middlesex or have lived in one of these counties for at least nine months you are invited to take part in their county championship (as long as you haven't taken part in another county's championship during 2009). | | | | |

| | | | | | | | | |
|-----------------|--------|----------------|----|-----|-----------|----|-----|------|
| First marathon? | (Tick) | Expected time: | Hr | Min | Best time | Hr | Min | Year |
|-----------------|--------|----------------|----|-----|-----------|----|-----|------|

| | | |
|--|--|--------------|
| I declare that I am an amateur as defined by UK Athletics. I agree to abide by the current laws and rules of competition of UK Athletics. I declare that I will run entirely at my own risk. | | |
| Signed | | Date |
| I enclose a cheque payable to "Abingdon Marathon" to the value of: (£28 Affiliated club members, £30 non-affiliated runners.) | | £28 £30 |

| | | | | |
|------------------------------|----|----|----|-----|
| T shirt size (please circle) | S: | M: | L: | XL: |
|------------------------------|----|----|----|-----|

Return to: Abingdon Marathon, PO Box 57, Abingdon, Oxon, OX13 6XR

Data protection: Your details will be held in a database. We will not pass your details onto any third party.

Email: pptp@waitrose.com

| | | |
|---------------------|-----------|----------|
| For office use only | Entry No. | Race No. |
|---------------------|-----------|----------|