

ABINGDON MARATHON

Sunday 17th October 2010 at 9.00am

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



Member No.393



Incorporating:

*Oxon County Championship, Middlesex County Championship, Berkshire County Championship,
British Army Marathon Championship and RRC 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 mostly scenic two lap route through several villages. Not suitable for wheelchairs.

Please note that for safety reasons Ipods/MP3 players or equivalent are not allowed in this race. Any runner contravening this rule will be disqualified.

Entry fees

£30 affiliated club members, £32 unattached (inc £2 levy to SEAA)

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

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

Closing Date: 17th September 2010 or when entry limit of 1,100 is reached if earlier (end of April last year!)

Runners must be 18 years or over on race day

Chipped timing. Drinks stations every three miles. Lucozade miles 12 and 21. Course support for 5 hours.
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. Post race massage available.
Hot and cold food available before and after the race. Proceeds to local charities.

Numbers, timing chips and race day information will be sent out at the end of September. If you need confirmation of your place enclose an SAE marked "acknowledgement" with your entry.

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

Accommodation / 2009 results: For links to accommodation, or 2009 results please check our website www.abingdonmarathon.co.uk

Abingdon Marathon, PO Box 57, Abingdon, Oxfordshire, OX13 6XR
For entry queries email Tracey at pptp.2@btinternet.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

Sunday 17th October 2010 at 9.00am

Closing date for entries is 17th September 2010 or when entry limit is reached if earlier.

Surname
First name(s)

Date of birth	D	D	M	M	y	y	Age on race day		Sex	M	F
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FULL NAME of affiliated club
Team (if not an affiliated club)

Address - Building & Street	<p>Please complete at least one of the contact details below in case we need to contact you</p> <p>Tel (mobile)</p> <p>Tel (home)</p> <p>Email (write clearly!)</p> <p>Please also provide your England Athletics registration number:</p>
Locality	
Town	
County	
POSTCODE	
Country (if not UK)	

Do you wish to enter the following Championships? (tick box required)				
Oxon*	Middlesex*	Berks*	Army	RRC (give m/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 2010).				

First marathon?	(Tick)	Expected time:	Hr	Min	Best time	Hr	Min	Year
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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: (£30 Affiliated club members, £32 non-affiliated runners.)	£30	£32

Tshirt size (please circle)	S: (32"-34")	M: (36"-38")	L: (40"-42")	XL: (44"-46")
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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 on to any third party unconnected with the race.