



# GIRTON 5K

## WITH 1 MILE FUN RUN



THURSDAY 28<sup>th</sup> JUNE 2018

Race organised by Muddy Mucky Monkeys A.C.  
 Held under ARC rules, ARC Permit 18/223  
 This event is not suitable for wheelchairs  
 Fun Run starts 7pm, 5K race starts **7.30pm**

Starting from the Pavilion, Girton, Cambridge, CB3 0FH  
**Flat, one lap, multi-terrain course**

Car parking, changing area, showers, toilets and refreshments available.  
 St. John Ambulance first aid cover throughout the event

Entries: £5.00 affiliated to running club, £7.00 unaffiliated (+ £1 entry on the day);  
 £2.00 for Fun Run (entries on day only)

Male and Female prizes for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, first Girton parishioner  
 and current course records (M – 15:51, F – 17:31)

All finishers will receive a liquid prize.  
 Race entry form and race information available at [www.girton5k.org.uk](http://www.girton5k.org.uk)

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G5K OFFICIAL USE ONLY	Category	Race No
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Full Name.....M/F..... Affiliated Club.....  
 Full Address.....  
 ..... Post Code.....  
 Tel No ..... Email .....  
 Date of Birth ..... Age on race day ..... years

I declare that, on the day of the race, I will be 13 years of age or over (for the 5K race; all ages accepted for Fun Run). I am an amateur as defined by ARC rules. I am medically fit to run 5 kilometres. I run entirely at my own risk and declare that the organisers will not be held responsible for any injury sustained during, or as a result of, taking part in this event, or for any loss or damage to property whatsoever. **If under 18, please ask your parent/guardian to sign this form.**

Signed.....Date.....

Entry fee enclosed £..... (cheques made payable to 'Muddy Mucky Monkeys')

Please return form with entry fee to: Girton 5K, 147 Girton Road, Girton, Cambridge, CB3 0PQ

Closing date for entries is 25 June 2018 (by post), 27 June 2018 (online) if race limit not reached.  
 Race entry will be confirmed by email; the race website will have an up-to-date list of confirmed runners.

