



CITY OF  
*Lincoln*  
COUNCIL

# 16<sup>th</sup> Annual 'ACTIVE' NATION City of Lincoln 10k Road Race

**Adult Race**

**Sunday 25<sup>th</sup> March 2012 - 11am start approx**

visit: [www.lincoln10k.co.uk](http://www.lincoln10k.co.uk)

## Race Information

(Medals to all finishers)

- UK Athletics measured flat run course (permit number 101273) along Lincoln's historic streets
- Route (which includes a 5km water station) will pass the spectacular Lincoln Cathedral and finishes in the grounds of Lincoln Castle, home to the world famous Magna Carta
- Wheelchair Athletes (under DSE rules and regulations) to start at 10.55am approximately
- Medals and Goody Bags (including water) for all finishers
- Trophies and Cash Prizes sponsored by Aquila for 1st (£200), 2nd (£150) and 3rd (£50) finishers (male and female including wheelchair athletes)
- Trophies for top finisher in each age category (male and female)
- Company Team- create a Company Team of 3 males or 3 females, each runner will be timed individually, but a combined score will calculate team trophy awards
- Athletic Team- create an Athletic Team of 4 males or 4 females, each runner will be timed individually, but a combined score will calculate team trophy awards (sponsored by Lincoln Wellington Athletic Club)
- British Red Cross, Paramedics and Race Doctors in attendance throughout the day
- FREE Active Nation Lincoln 10k/Olympic Torch Relay Celebration T Shirts

## ENTRY

£18 - general entry

£16 - those affiliated with an athletic/running club (entry fee includes postage, packaging and administration)

Competitors must be aged 15 years or over on the day of the race

This year's official charities are:



Prince's Trust

**Bliss**

for babies born too soon,  
too small, too sick

## OTHER RACES all start times are approximate

**Saturday 24<sup>th</sup> March 2012 - 9am start**



4.1km **Lincoln College Secondary School Race** (11-14 year olds)  
**9am start.** Medals, t-shirts and goody bags. **Free Race!**

3km **Healthy Lifestyles Team Primary School Race** (9-11 year olds)  
**9:15am start.** Medals, t-shirts and goody bags. **Free Race!**

3km **getmummyfit.com Buggy Push**  
**9:25am start. £13.50 entry**

For more information or to apply online -  
[www.lincoln10k.co.uk](http://www.lincoln10k.co.uk) or call **01522 873771**

**Closing date for entries  
Friday 16<sup>th</sup> March 2012**

**Apply Online!  
[www.lincoln10k.co.uk](http://www.lincoln10k.co.uk)**



Official Sponsors:

**ACTIVE**



direct textiles

**iR**  
RUNNING IMP

## Personal Information

Male/Female  
Title .....  
First Name .....  
Surname .....  
Address .....  
.....  
.....  
Post Code .....  
Contact number .....  
Email .....  
Age (on 25th March 2012) .....

**FREE**

**Active Nation Lincoln 10k/Olympic Torch Relay Celebration T-Shirts**


White	Chest Size, inches (please circle relevant size)				
Small	36 - 38	Large	40 - 42	XX Large	44 - 46
Medium	38 - 40	X Large	42 - 44	XXX Large	46 - 48

## Entry Information

Wheelchair Athlete Yes/No  
Are you a member of an affiliated running/athletic club Yes/No  
If Yes, please provide name of club .....  
Estimated Finish Time (minutes) Please circle  
Sub 40, Sub 50, Sub 60, Over 60  
(sub=below)  
Company Team: Yes/No \*more information on website  
If yes; 3 Males or 3 Females (no mixed teams)  
Please provide name of Team  
.....  
Athletic Team: Yes/No \*more information on website  
If yes; 4 Males or 4 Females (no mixed teams)  
Please provide name of Team  
.....  
Do you have any stories you think the press may be interested in?  
.....  
.....  
(please attach extra sheet if needed)

## Declaration

Active Nation, **ACTIVE** as main sponsors of the Lincoln 10k, may wish to contact you after completion of the race by post, telephone or email for marketing purposes. If you do not wish for your personal information to be used in this way, please tick this box

Marathon-photos.com,  under agreement with the City of Lincoln Council, will take photographs of runners during the Lincoln 10k so that they can be offered for sale to you at a later date. If you do not wish for your photograph to be used in this way please tick this box

All fees are non-refundable. You need to be physically fit to enter the race. If in doubt consult your doctor. Do not run if you are feeling unwell. I understand that by agreeing to this disclaimer, I enter the race at my own risk, and that the organisers and officials of the race will not be held responsible in any manner for any accident, injury, illness, death or any loss or damage consequential or otherwise as a consequence of my participation in the City of Lincoln 10k Road Race. I am an amateur as defined by UK Athletics and agree to abide by the rules of UK Athletics. I give my permission freely for my name, home city, running club, voice or picture to be used in any broadcast, telecast, advertising promotion or other account of this event including results lists displayed on the City of Lincoln Council's website.

Please note that any applicants entering as a wheelchair athlete that do not come under the definition of a disabled person (according to the Disability Discrimination Act (DDA) definition of disability) will not be eligible for prize money. Please note that some of the course will take place on cobbled pathways. It is strongly recommended that only experienced wheelchair racers attempt the race unaided. If any entrant intends to push a wheelchair user around the course, separate entry forms must be completed.

If the race is cancelled due to circumstances beyond the control of the City of Lincoln Council applicants will not be eligible for a refund.

Please note, all advertised times are subject to change.

Signed: .....

Date: .....

Please send application forms, along with a cheque for £18 (general entry) or £16 (affiliated entry) made payable to "City of Lincoln Council" to:

10k Event Officer  
City of Lincoln Council  
City Hall  
Beaumont Fee  
Lincoln. LN1 1DE



### Contact Us

Telephone: 01522 873771  
Website: [www.lincoln10k.co.uk](http://www.lincoln10k.co.uk)  
Email: [10keventofficer@lincoln.gov.uk](mailto:10keventofficer@lincoln.gov.uk)



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