

37th EAST MIDLANDS GRAND PRIX SERIES 2020

www.emgp.org.uk

Entry Form for Individual Races

Monday 4th May 7:30pm	EMGP SILVERSTONE 10K Run Britain Entry available to 02/05/20 INCLUDES CHIP TIMING	Wednesday 13th May 7:45pm	EMGP RUGBY 6 Mile Run Britain Entry available to 11/05/20
Friday 22nd May 7:45pm	EMGP BLISWORTH 5 Mile Run Britain Entry available to 20/05/20	Tuesday 2nd June 7:45pm	EMGP BANBURY 5 Mile Run Britain Entry available to 31/05/20
Wednesday 10th June 7:45pm	EMGP CORBY 5 MILE Run Britain Entry available to 08/06/20	Tuesday 16th June 7:45 pm	EMGP HARBOROUGH 5 miles Run Britain Entry available to 14/06/20
Tuesday 24th June 7:45pm	EMGP WEEDON 10K Run Britain Entry available to 22/06/20	Tuesday 14th July 7.45pm	EMGP MILTON KEYNES 10K Run Britain Entry available to 12/07/20

ALL RACES ARE RUN UNDER UK ATHLETICS RULES – SEE REVERSE FOR INFORMATION

	Attached	Unattached
Race Entry Fee Except Silverstone 10K & Weedon 10K	Advance £9 Race Night £12	Advance £11 Race Night £14
EMGP Weedon 10K	Advance £8 Race Night £11	Advance £10 Race Night £13
EMGP Silverstone 10K	Advance £13 Race Night £15	Advance £15 Race Night £17

WHCH EMGP RACE ARE YOU ENTERING?			
SURNAME	FORENAME	SEX	
FIRST CLAIM AFFILIATED CLUB	AGE ON RACE DAY		
ENGLAND ATHLETICS NUMBER			
ADDRESS			
EMAIL & TELEPHONE Please write your email very clearly			
FEE ENCLOSED	EMGP BIB NUMBER If you have one already		

I hereby declare that I am an amateur according to UKA rules. I am medically fit to run & understand that I enter at my own risk and that the organisers will not in any way be held responsible for any injury incurred during or as result of the event or for any property lost on the course or in the changing rooms.

"You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category."

SIGNED Parent/Guardian if under 18	DATED	NUMBERS MUST BE COLLECTED ON THE NIGHT
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EMGP SERIES 2020

EMGP Race Participation

All races are run under UK Athletics Rules – Runners must declare their first claim affiliated club only

THE WEARING OF PERSONAL AUDIO EQUIPMENT IS NOT PERMITTED IN ANY RACE. YOU RUN THE RISK OF DISQUALIFICATION

ALL RUNNERS TO COMPLETE THE DETAILS ON THE REVERSE OF THE NUMBER FOR YOUR OWN PROTECTION

NUMBERS TO BE WORN ON THE FRONT OF THE VEST & FOLLOW THE INSTRUCTIONS OF THE MARSHALS AT ALL TIMES

Entrant safety – whilst all clubs encourage runners of all abilities, entrants should be capable of running at 12 minutes per mile or quicker. If unable to so do their safety will be their own responsibility

WHEELCHAIRS/HANDCYCLES – EMGP Silverstone 10K is the only race that is suitable for wheelchair or handcycle athletes

EMGP Series Prizes

The East Midlands Grand Prix is based upon the **5** (**4** for Juniors) best performances in the **8** scoring races within the EMGP Series 2020 (Silverstone, Rugby, Blisworth, Banbury, Corby, Weedon, Harborough & Milton Keynes).

Subject to the number of entrants, prizes will be awarded in the following categories:

Female - F20, FS, F35, F40, F45, F50, F55, F60,
Male - M20, MS, M40, M45, M50, M55, M60 & M65.

The age is taken as at the date of the first race in the Series.

Prizes will be awarded at the EMGP Milton Keynes 10K as usual on Tuesday 14th July 2020

Please be aware that the number and value of prizes may differ between male and female and different age categories. The number of prizes for each category is determined but the number of entrants that competed in the previous year's EMGP Series. Categories with more participants will be recognized by awarding more prizes.

Individual races may offer different prizes for different categories. This is a decision made by each hosting running club.

Our East Midlands Grand Prix Series 2020 Sponsor

Unfortunately, we haven't been able to secure a sponsor for the EMGP 2020 Series