Event Sponsor: THE CAMBRIDGE Building Society

SAWSTON FUN RUN & WALK
www.sawstonfunrun.co.uk

Organised by: Rotary Club of Cambridge Sawston

Before completing the form
ENTRANTS MUST READ THIS IMPORTANT INFORMATION

ROUTES: There is a choice of a **short route of 3.8k [2.4miles]** or the **traditional route 7.4k [4.6miles].** The short route is principally for primary school children and the cups for that age group will be awarded to the first three children on this route. Parents, fancy dress walkers and any others may also take the shorter route, if they wish. For secondary school children and adults, the traditional route is the main challenge and cups will be awarded to the fastest entrants on that route. However, either route is available for each entrant. Please select your choice to help us with the marshalling.

- **All entrants** must wear their allocated number on the front of their vest at all times so that it is visible, for identification safety reasons.
- The traditional main race starts at 10.30am. Only elite runners are to be at the front with others, based on their ability either behind or in an adjacent parallel lane for those who wish to have extra safety.
- **The shorter route event will start at 10.35. Only primary school (years 1- 6) entries** will be awarded trophies for the first three to finish in this event.
- The 7.5K [4.7miles] course has four water stations with marshals. A Medical unit based at Sawston Village College is on standby for any call out.
- On approaching the finish you will be directed into the Short or Long Route lanes. The long route runners are then directed into male or female lanes leading to the post-race registration tents. Please stay in your finishing order.
- At the post race registration desks, runners will receive a card showing their finishing position in their category.
- TROPHIES and CERTIFICATES: Trophies will be given to the first three runners in every category. **For school years 1-6 this will be based on the short 3.8k one**. Everyone will receive a certificate.
- Please complete the entry form opposite, ensuring the disclaimer is signed and take it to the registration desk for your category together with your entry fee and any donation you may wish to make.
- Please listen carefully to the public address system at all times as you will hear about an aerobics warm-up at 10.00am and vital information about the finishing arrangements.

Whether you are walking or running - have an enjoyable morning,

Thank you for supporting local good causes
Rotary Club of Cambridge Sawston

ON THE DAY REGISTRATION FORM

Before completing please read the notes opposite

Admin Use

Please Print in BLOCK CAPITALS

TITLE..... 1st NAME ..... SURNAME .....

ADDRESS .....

..... POSTCODE ..... FORM [if at SVC].....

EMAIL ..... TEL .....

TEAM: if you are part of a team, give the team name here:- .....

Show whether you wish to enter the Short Route 3.8k [2.4 miles] or the longer Traditional Route 7.4K [4.6 miles]. See the note on routes in the information section.
For School years 1-6: Cups will be awarded to those who compete in the short route event.
For all others, cups will be awarded to those who follow the traditional (long) route

Route	Short Route 3.8k	Long Route 7.4k
Select which Route		

Age Group – tick appropriate box	Male	Female
Pre-school (accompanying an adult) free-of-charge		
Primary School (school years 1-6, not child's age)		
Secondary School (school years 7-11, not child's age)		
Ages 17-39		
Ages 40-54		
Ages 55+		

PLEASE READ AND SIGN THE FOLLOWING DISCLAIMER:
I wish to enter the 2018 Sawston Fun Run and Walk. I am medically fit to run or walk the distance of up shown. I will not hold the organisers responsible for any injury or loss to my property or person however caused, before, during or after the event.

Children of 16 and under may only participate with the consent of a parent / guardian.

Signature of Runner (if over 16) or Parent / Guardian:_____

Entry fees on the day: - £7 for school years 1-11
- £14 for adults of 17 years and over as at 14th May

Please make cheques payable to the 'Sawston Fun Run'