

One of the fastest 5 Mile Road Races in the country!

The Alsager '5'

ON SUNDAY 1ST FEBRUARY 2009

5 Mile Road Race

Supported
by:
Bourne Sports

RACE STARTS AT 11.00AM

FROM ALSAGER LEISURE CENTRE (NEAR CREWE)
PRIZES TO FIRST 7 MALES AND FIRST 7 FEMALES
PRIZES GIVEN IN ALL THE USUAL VETS CATEGORIES
T-shirt to all finishers
Accurately measured course
Under UK Athletics Rules. Permit Applied For

ENTRY FEES: (PLEASE MAKE CHEQUES PAYABLE TO GRASSROOTS RUNNERS)
Club Runners.....£8.50; Unattached.....£10.50;
N.B. Entries on the day will be subject to a £1.50 administration charge
Please return the completed entry form below with a large S.A.E. to:
Ken Rushton 6 Gardenholm Close, Lightwood, Stoke-on-Trent, ST3 7YQ
For further details telephone: Ken Rushton (01782) 330853 or Paul Robotham (01782) 720384.
Or E-Mail suken@run222.freemove.co.uk

ENTRY FORM

Please Tick: Male <input type="checkbox"/>		Female <input type="checkbox"/>	
Surname:		First Name:	Other Initial:
U.K Affiliated Club: (if not a club member write unaffiliated)		NSRRA No: (Leave blank if you are not a member)	
Age on race day:	Total Amount enclosed: £		
Address:		UK Athletics number:	
Telephone number: (Day)		(Evening)	
Minimum age for the 5 Mile Road Race is 15 years on or before the race day. I declare that: (1) I am an amateur under UK Athletics rules; (2) I will abide by the UK Athletics laws and rules; (3) I enter and intend to run entirely at my own risk.			
Signature:		Date:	
Which footwear brand do you wear?			

Why not visit our web site at www.alsager5.co.uk