

Burtonwood Bridge Amateur Rugby League FC & Spectrum Striders Running Club invite you to run the

**6th Burtonwood 5 Mile
Road Race and Fun Run**

On
Saturday 17th July 2010 at
The Bridge Inn, Phipps Lane, Burtonwood, Warrington, Cheshire, WA5 4HD
Main race starting at 4:00pm
Fun run (1.8 miles) at 5:00pm

Run under UKA rules - - Minimum age 15 years
UKA Race License 2010-0059



An accurately measured 5 mile course on country lanes

In association with Spectrum Striders Running Club

Car parking in pub & adjacent business car park (only 2 miles North of M62 Junction 8)

Main race Entry fees: £7.00 (or £5.00 if in a UKA affiliated running club)

Fun run entry fee £3.00

Entries on the day £1.00 extra

Free hot dog or Beef burger to all finishers in both races

Cheques payable to: Burtonwood Bridge ARLFC, **Include a Stamped Addressed Envelope
To receive your race number**

Send entries to: Burtonwood 5, c/o 8 Pinewood Road, Burtonwood, Warrington, WA5 4NA

For **enquiries** phone Tom on 01925 222321; or Keith on 01925 226474

Results will be published on Spectrum Striders' website at <http://www.spectrumstriders.org.uk>

Closing date for receipt of **postal entries:** Monday 12th July 2010

Entry to both runs can also be given on the day

ENTRY FORM –

Surname: _____ First name: _____

Home Address: _____

Postcode: _____ Telephone No.: _____ Email _____

UKA Affiliated Club (if any): _____ UKA runner number _____

Date of birth _____ 5 Mile race Fun run please tick

Entry fee enclosed : £ _____ Male Female please tick

I declare that I am an amateur as defined by UKA rules. I am medically fit to take part and I accept that the organisers will not be responsible for any, loss, damage, illness or injury sustained as a result of taking part in the race.

Signed: _____ Date: _____

Please remember your Stamped Addressed Envelope – or alternatively collect your number on the day