



Spectrum Striders Running Club



invite

LADY RUNNERS

to run the

The 18th FOREST PARK 5 Km

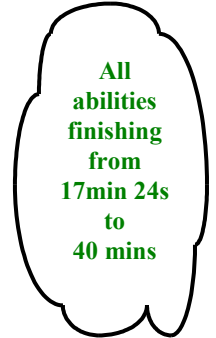
on

Wednesday, 7th July 2010

at

Birchwood Forest Park, Gorse Covert, Birchwood, Warrington

Starting at 7.30pm



Run under UKA rules - Licence 2010-0060 - Minimum age 13 years
An accurately measured traffic-free course on good paths through parkland

Prizes to first 3 finishers and first team (3 to count)

Prize categories: Junior, Senior, Over 35, Over 40, Over 45, Over 50, Over 55, Over 60
Flowers to all finishers

Changing rooms, showers and ample car parking in Birchwood Forest Park
(One mile from M62 Junction 11)

Entry fees: £5.50 affiliated, £7.50 unaffiliated (£2.00 extra on the day)

Cheques payable to Spectrum Striders Running Club & include a 1st class Stamped Addressed Envelope

Send entries to: Forest Park 5 Km, 66 Cross Lane, Newton le Willows, WA12 9QB

Telephone enquiries: 01925 271301

Or ON-LINE entries via Spectrum Striders' website at: www.spectrumstriders.org.uk

Closing date for receipt of postal entries: 30th June 2010

ENTRY FORM - LADIES ONLY

Surname: _____ First name: _____

Address: _____

Postcode: _____ Telephone no.: _____

UKA Affiliated Club (if any): _____

England Athletics Registration No: _____ Date of Birth: _____

Age group on 7/7/2010 (please tick): 13-19 20-34 35-39 40-44 45-49 50-54 55-59 Over 60

Entry fee enclosed : £ _____ and Stamped Addressed Envelope.

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 a stamp surcharge will be made for your number