



**Spectrum Striders Running Club
and
Altrincham & District Athletic Club**
Invite you to run



The 8th North Cheshire 5km Grand Prix

A series of five 5km races in the Warrington/Altrincham area.

Race 1 Fri 28th May 2010	Dunham Massey Park 5km	7:15pm start (250 limit)
Race 2 Sat 5th June 2010	Hollins Green 5km	4:30pm start (400 limit)
Race 3 Thu 10th June 2010	Bowdon 5km	7:15pm start (250 limit)
Race 4 Thu 17th June 2010	Dunham Massey Park 5km	7:15pm start (250 limit)
Race 5 Sat 26th June 2010	Lymm 5km	3:30pm start (400 limit)

See either of the club websites, email or telephone (details below) to obtain entry forms for individual races

Prizes for each race plus series prizes based on each athlete's best four finishing positions.

Series entry fees: £20 affiliated, £30 unaffiliated (£1.00 extra on the day)

This fee enters you into all five races. Best four finishing positions to count towards GP series results.

Cheques payable to Spectrum Striders RC & include a Stamped Addressed Envelope

Send entries to: North Cheshire 5 km Grand Prix, 7 Smithills Close, Locking Stumps, Warrington, WA3 7LT

Telephone enquiries: 0161 927 7401 or 01925 818807 (julian@spectrumstriders.org.uk)

Or visit Spectrum Striders' website at <http://www.spectrumstriders.org.uk>

Or Altrincham & District AC website at <http://www.altrincham-athletics.co.uk>

Closing date for receipt of postal entries: 22nd May 2010



North Cheshire 5km Grand Prix – Series Entry Form

Surname: _____ First name: _____

Address: _____

Postcode: _____ Telephone no.: _____

UKA Affiliated Club (if any): _____ UKA Registration No: _____

Date of Birth: (DD/MM/YY) _____ Male or Female: _____

Entry fee enclosed : £ _____ and a 9" x 6" Addressed Envelope with appropriate stamp.

I declare that I am an amateur as defined by UKA rules. I am medically fit to take part and I accept that the organizers 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 you will have to pick-up your number on the day