



Barrow Community Trust 5k

12.30pm Sunday 17th September 2006

Barrow in Furness Public Park

Under UK Athletic Rules - Permit Applied For - Traffic free, course within the park
Registration, Showers & changing opposite the Leisure Centre (Entrance Greengate Street)
Individual Prizes to first three Men & Ladies - Team Prize Men's and Ladies (Teams of 3)
Age Category Prizes- Medals for all finishers limit 300
Competitors must be 15 years of age or over on the day of the race
Entry Fees: Affiliated Club Members- £3.00, Unattached Runners - £5.00
Entries accepted on the day - Closing date for postal entries 8th September 2006

PLEASE COMPLETE IN BLOCK CAPITALS			
First Name		Surname	
Age on Day of Race	& D.O.B.	Sex (Please circle)	M F
Address (inc. Post Code)			
Telephone No.			
Club			

I declare that I am an amateur as defined by UK Athletics laws and agree to abide by UKA laws. I am medically fit to run and I enter at my own risk. I understand that neither the organisers nor the sponsors are responsible for any injury or illness incurred by me during, or as a result of the race. Neither are they responsible for any of my personnel property lost or stolen or damaged.

Signed.....

Date.....

PLEASE SEND A 9"x 6" STAMPED ADDRESSED ENVELOPE
To Roly Carruthers, Quarry Cottage, Quarry Brow, Barrow -in- Furness, Cumbria LA14 4HY
CHEQUES MADE PAYABLE TO 'BARROW COMMUNITY TRUST'

Fun Run at 11am -- further details at www.barrowcommunitytrust.org 01229 824466

Organised in conjunction with Barrow Borough Council, Barrow Sports Council and Barrow & Furness Striders A.C



Produced 2006 by Barrow & Furness Striders Athletic Club. Website www.bjsac.free-online.co.uk www.barrowbc.gov.uk
Downloaded from www.race-results.co.uk

