



SPECTRUM STRIDERS RUNNING CLUB
Assisted by Birchwood Town Council and Birchwood Shopping Mall

Present
The 27th



BIRCHWOOD 10KM ROAD RACE



on Sunday, 22nd August 2010
Starting at **10:30 am**



Certificate 2002/045

Venue: Car Park 3, Birchwood Mall, Birchwood, Warrington

Run under UKA rules - Licence 2010-0058 - Minimum age 15 years

Accurately measured, fast, flat course. Chip timing



Race Limit of 1000. Entries on the Day up to Race Limit (Check website for latest entry numbers)

Course records: Zola Thembelani (Unattached) 29:53 2005 Hayley Haining (Kilbarchan AAC) 32:58 2007



Over £4000 Prizes in all categories including Ladies' and Men's teams
Luxury bath towel with race logo to all finishers



Entry fee: £10.00 affiliated, £12.00 unaffiliated (£2 extra for limited entries on the day)

Also a 4 person Corporate Challenge within the 10K – Special entry form available, please enquire

also 1 MILE FUN RUN

Starting at 9.45 am - Awards to all finishers - Entry fee £2.00 (Entries accepted on the day)

Send entries to: Birchwood Races, 70 Mansfield Close, Oakwood, Warrington, WA3 6QN
Enclose 9x6 SAE (1st class Large stamp). Cheques payable to: **Spectrum Striders Running Club**

Closing date for postal entries: 15th August 2010 Telephone enquiries: 07527 571481 or 01925 818807

Or on-line via Spectrum Striders' website at: www.spectrumstriders.org.uk

With a donation to a Health Charity



Birchwood Races - Entry Form – Please print clearly

Surname: _____ First name: _____

Address: _____

Post code: _____ Telephone no: _____

UKA Affiliated Club (if any): _____ England Athletic Registration No.: _____

Age on 22/8/2010: _____ years Sex (M/F) _____ 10Km Road Race / Fun Run (Please delete)

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: _____ Entry fee enclosed : £ _____

Please remember your Stamped Addressed Envelope – or a 61p surcharge will be made for your number