



Birchwood 10k

A Spectrum Striders RC event



SPECTRUM STRIDERS

Entry fees

- » £15.00
- » £13.00 if affiliated to UKA Club

The race

- » Entries NOT accepted on day
- » Bath towel to all finishers
- » Chip timing
- » Drink stations
- » Corporate team challenge
- » Accurately measured fast, flat course
- » 1,200 race limit
- » Massage available pre & post race (donations requested)

Course records

- » Male: D Webb 29:52 (2008)
- » Female: H Haining 32:59 (2007)

17th August 2014

Race starts @ 10:30am

Warrington's Premier 10k Road Race

Run under UKA rules · Licence No. 2014-11432 · Min age 15 years

Enter online at: www.spectrumstriders.org.uk or by post

Postal entries to: Birchwood Races, 70 Mansfield Close, Oakwood, Warrington, WA3 6QN

Cheques payable to: Spectrum Striders Running Club

Postal entries closing date: 9th August 2014

Online entries closing date: 12th August 2014

Race enquiries: 07527 571481 or 01925 818807

Race venue: Car Park 3, Birchwood Mall, Birchwood, Warrington WA3 7PG



For more information see www.spectrumstriders.org.uk

Entry form: Birchwood 10km Road Race

Please complete, printing clearly and tick where appropriate

Surname.....

Forename.....

Address.....

.....

Post Code.....

Contact tel.....

Email address.....

Date of Birth - -

Male Female

UKA Affiliated Club (if any).....

UKA Registration No

OFFICIAL USE ONLY Payment received SAE received Race No.

V1-12.01.14

I wish to enter the 10k race 1 mile fun run

Entry fee enclosed £

I enclose a 9"x 6" 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. A parent or guardian must sign if the runner is under 18.

Signature.....

(Parent or Guardian if under 18)

Date - -

Spectrum Striders will keep your information securely in accordance with our internal security policy. We will only use this information to inform you of Spectrum Striders related material and will not pass your information on to third parties.

Remember your stamped addressed envelope – or you will have to pick-up your number on the day