



# SOUTH CHESHIRE 20

A scenic 20-mile race, four weeks before Chester marathon & five weeks before Yorkshire marathon


## Sunday 7<sup>th</sup> September 2014; start 9:30am



Venue: **Shavington Sports Centre**  
**Rope Lane, Shavington, Crewe CW2 5DJ**



Certificate number 09/031

- Comprehensive prize list, including team prizes & course record prizes.
- Start and finish, parking, registration, changing facilities, showers and refreshments at Sports Centre.
- 20 miles of frequently hilly, mainly country lanes through Weston, Englesea-Brook, Betley, Wrinehill, Shralebrook, Audley and Barthomley.
- Excellent support and regular drink stations
- T-shirt to all finishers.
- Free pre/post-race massage from 

Under UKA Rules  
Licence no: 2014-11164  
Maximum 250 runners

**Online entry at BookitZone.com**

**Postal entries to:**  
**Race Secretary**  
**South Cheshire 20**  
**46 Woodside Avenue**  
**Wistaston**  
**Crewe**  
**CW2 8AN**

\*Postal entries\*: Please affix sufficient postage if sending SAE.  
Underpaid entries will have to be collected on the day.  
Entries received without SAE, or after 7 September, collect number on race day.  
\*Online Entries\*: You will receive e-mail confirmation and details only.  
Collect number on race day.  
Enquiries to **Amy Durrant 07793 206347**



NO MP3 PLAYERS PLEASE! For the safety of runners, this will be strictly enforced. Anyone running in headphones will be disqualified.

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### 2014 20-mile OFFICIAL ENTRY FORM - BLOCK CAPITALS PLEASE

First Name.....Surname.....

Address.....

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Post Code.....e-mail.....

Sex M or F  Date of Birth..... Age on Race Day..... (minimum 18)

UKA Affiliated Club (if applicable)..... UKA registration number.....

Telephone No..... NSRRA number (if applicable).....

**ENTRY FEES** (Please tick)     £11 (Affiliated)                       £13 (Unaffiliated)

\*Plus £2 for On-the-Day entries

Cheques / Postal Orders to be made payable to **SOUTH CHESHIRE HARRIERS**

#### DECLARATION

I will abide by the rules of UKA. I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses that may arise in consequence of my participation in this event. I declare that I will not compete in this race unless I am in good health on the day and that, in any event, I will compete at my own risk. The details on this form will be held on computer for the purposes of this race.

Signed..... Date.....