



Ellesmere Port RC

5K ROAD RACE

Course Measurement
Certificate Number: 05/034

(In memory of Neil Lavery)

Wednesday 20th August 2014

7:15pm Start

Age limit: 16 Race Limit 250 UKA Rules Apply

UK Athletics license:

VENUE	The Electricity Sports & Social Club Capenhurst Technology Park, Capenhurst, South Wirral (CH1 6EH)		
PRIZES	1st, 2nd & 3rd Male	1st, 2nd & 3rd Female	1st Vet in each category
ENTRY FEES	Affiliated club runners: £7.00 Unattached runners: £9.00 Entries on the night £2.00 extra, so please enter early to avoid the extra cost		
CONTACT DETAILS	Send entry fee, form & large SAE to Race secretary, 4 Dolphin Crescent, Great Sutton, Cheshire CH66 4SZ Please make cheques payable to: Ellesmere Port Running Club		
Online entries www.ukresults.net www.BookitZone.com		Race Sponsored by 	
Name	Date of birth		
Address	Contact No(s) or email address		
	UKA Club (if any)		
	National Reg. Number Note: Nat. Affiliation N° REQUIRED to qualify for lower entry price		
I accept that I compete in this event at my own risk and that the organizers shall not be liable for any accident, injury or loss as a consequence of my participation. I will abide by UK Athletics Rules Data Protection Act: I understand and agree that the above details will be stored on a computer for race administration purposes and will not be supplied to a commercial organisation.			
Signed Parental signature required for any Under 18's		Date	

Mark for category:

Male	U20	U40	040	045	050	055	060	065
Female	U20	U35	035	040	045	050	055	060