



Birchwood Brook 5k

Part of the North Cheshire 5k Grand Prix

A Spectrum Striders RC event



SPECTRUM STRIDERS



3rd June 2016

Race starts @ 7:30pm



Entry fees

- » £8.00
- » £6.00 if affiliated to UKA Club
- » + £1.00 on the day entries*

The race

- » Prizes to first 3 finishers
- » Prizes to men's & women's teams
- » Prizes to veteran categories
- » Accurately measured course
- » 400 race limit
- » Entries accepted on day*
- » This is Race 2 in the 5-race North Cheshire Grand Prix (4 to count)

Course records

- » Male: C McCarthy 16:40 (2015)
- » Female: K Longley 18:05 (2015)

Birchwood Brook 5k

Hosted by Spectrum Striders Running Club

Run under UKA rules · Licence No. 2016 licence applied for · Min age 12 years

Postal entries to: Birchwood Brook 5k, 2 Elton Close, Birchwood, Warrington, WA3 6NB

Cheques payable to: Spectrum Striders Running Club

Closing dates: Postal: 27th May 2016 · Online: 30th May 2016

Race enquiries: 01925 271301 or 01925 818807 e-mail julian@spectrumstriders.org.uk

Race venue: Birchwood Community High School, Brock Road, WA3 7PT

*Accurately measured and certified 5k course · *Entries accepted on day if race limit of 400 not exceeded.*



For more information see www.spectrumstriders.org.uk

Entry form: Birchwood Brook 5k

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.

V1-2801-16

Attached entry £6.00. Unattached entry £8.00

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