



# Birchwood 10k

A Spectrum Striders RC event



**SPECTRUM  
STRIDERS**

## 23rd August 2015

Race starts @ 10:30am

### Warrington's Premier 10k Road Race

Run under UKA rules · Licence applied for · Min age 15 years

#### ONLINE ENTRIES ONLY

[www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk) (closing date: 20th August 2015)

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

#### Entry fees

- » £16.00
- » £14.00 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: B Fish 31:26 (2014)
- » Female: K Crickmore 35:28 (2014)

