

NORTH CHESHIRE GRAND PRIX 5K RACE SERIES



**SPECTRUM
STRIDERS**

A 5k race series Warrington / Altrincham areas

Hosted by:

**Spectrum Striders Running Club
and Altrincham & District Athletic Club**

Run under UKA rules · Min age 12 years

Entry fees: £32.00 (£24.00 if affiliated to UKA Club)

Postal entries to: North Cheshire Grand Prix,
2 Elton Close, Birchwood, Warrington, WA3 6NB

Cheques payable to: Spectrum Striders Running Club

Postal entries closing date: 20th May 2016

Online entries closing date: 23rd May 2016 (Numbers posted out after 30th April).

Race enquiries: 0161 927 7401 or 01925 818807 e-mail julian@spectrumstriders.org.uk
or manselpope@hotmail.com More info at www.spectrumstriders.org.uk

Individual races: Please see club websites or email julian@spectrumstriders.org.uk

**Entries accepted on day if race limits not exceeded. Additional charge of £1.00 will apply*



The races

- » **Race #1 – Dunham Massey Park 5k**
Thursday 26th May 2016
7:15pm start (350 limit)
- » **Race #2 – Birchwood Brook 5k**
Friday 3rd June 2016
7:30pm start (400 limit*)
- » **Race #3 – Bowdon 5k**
Thursday 9th June 2016
7:15pm start (350 limit)
- » **Race #4 – Dunham Massey Park 5k**
Thursday 16th June 2016
7:15pm start (350 limit)
- » **Race #5 – Hollins Green 5k**
Sunday 19th June 2016
10:00am start (400 limit*)

PRIZES

Prizes awarded for each race
+ series prizes based on
each athlete's best four
finishing times

Check www.spectrumstriders.org.uk
for confirmation of your entry.

Entry form: North Cheshire 5k Grand Prix

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

This fee enters you to all five races in the North Cheshire 5k Grand Prix.

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