



Forest Park Ladies 5k

A Spectrum Striders RC event



SPECTRUM STRIDERS

Entry fees

- » £7.50
- » £5.50 if affiliated to UKA Club
- » + £1.00 on the day entries*

The race

- » Flowers to all finishers
- » Prizes to 1st 3 finishers and vet categories
- » Prizes to first team (3 to count)
- » An accurately measured traffic-free course on good paths through parkland
- » Changing rooms & showers
- » Ample car parking in Birchwood Forest Park
- » Entries accepted on day*
- » Spot prize draw post race

Course record

- » J Spark: 16:59 (2000)

6th July 2016

Race starts @ 7:30pm



Warrington's Premier Ladies only 5k Race

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

Enter online at: www.spectrumstriders.org.uk or by post

Postal entries to: Forest Park 5k, 66 Cross Lane, Newton le Willows, WA12 9QB

Cheques payable to: Spectrum Striders Running Club

Postal entries closing date: 29th June 2016

Online entries closing date: 4th July 2016

Race enquiries: 01925 271301 e-mail: ladies5k@spectrumstriders.org.uk

Race venue: Birchwood Forest Park, Gorse Covert, Birchwood, Warrington

*Entries accepted on day if race limit of 400 not exceeded.



For more information see www.spectrumstriders.org.uk

Entry form: Forest Park Ladies 5k Race

Please complete, printing clearly and tick where appropriate

Surname.....

Forename.....

Address.....

.....

..... Post Code.....

Contact tel.....

Email address.....

Date of Birth - -

UKA Affiliated Club (if any).....

UKA Registration No

OFFICIAL USE ONLY Payment received SAE received Race No.

V1-2801-16

Attached entry £5.50. Unattached entry £7.50

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