



Bowdon 5k

Part of the North Cheshire 5k Grand Prix

An Altrincham & District AC event



9th June 2016

Race starts @ 7:15pm

Entry fees

- » £8.00
- » £6.00 if affiliated to UKA Club

The race

- » Prizes to first 3 finishers
- » Prizes to veteran categories
- » Accurately measured, fast 2-lap course over roads and parkland
- » 350 race limit
- » Entries on day allowed if race limit not reached
- » This is Race 3 in the 5-race North Cheshire Grand Prix (4 to count)

Course records

- » Male: A Caine 14:30 (2003)
- » Female: D Curley 16:33 (2000)

Bowdon 5km Road Race

Hosted by Altrincham & District AC

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

Postal entries to: Bowdon 5k,
34 Townfield Gardens, Altrincham, WA14 4DT

Cheques payable to: Altrincham & District AC

Closing dates: Postal: 2nd June 2016 · Online: 5th June 2016

Race enquiries: 0161 927 7401 e-mail manselpope@hotmail.com

Race venue: The Stamford Arms Pub, The Firs, Bowdon, Altrincham, WA14 2TW
Please share cars to improve race parking.

Accurately measured and certified 5k course. Entries on day allowed if not reached race limit.



For more information see www.spectrumstriders.org.uk

Entry form: Bowdon 5km Road Race

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