

NORTH CHESHIRE [GRAND PRIX] 5K RACE SERIES



2024 RACES HOSTED BY: Spectrum Striders Running Club Altrincham & District Athletic Club

RACE 1: THUR 23rd MAY – START: 19:15

Dunham Massey 5k

Coach House (left of Dunham Massey House), WA14 4SJ

RACE 2: THUR 30th May – START: 19:30

Robert McHarry Memorial Birchwood Park 5k

Birchwood Community High School, WA3 7PT

RACE 3: THUR 6th JUNE – START: 19:15

Dave Telford Memorial Dunham Massey 5k

Coach House (left of Dunham Massey House), WA14 4SJ

RACE 4: THUR 13th JUNE – START: 19:30

Birchwood Brook 5k

Birchwood Community High School, WA3 7PT

CLOSING DATES: Postal entries: 7 days before respective race • Online entries: 2 days before respective race • On the day entries: Usually allowed if race is not full (payment by cash or cheque only). There is an additional £1 to pay for each race for on the day entries.

ONLINE ENTRIES (Series or specific races)

www.bookitzone.com

RACE ENQUIRIES

01925 823250

E: 5kqueries@spectrumstriders.org.uk

07711 053808

E: dunhammassey@gmail.com

SERIES RACE NUMBERS

Will be posted out before 16/05/24. Collect individual race numbers at each race HQ

POSTAL ENTRIES TO

North Cheshire Grand Prix,
83 Armstrong Close, Birchwood,
Warrington, Cheshire WA3 6DJ

CHEQUES PAYABLE TO

Spectrum Striders RC

ENTRY FEES

See form below: Individual, multiple or complete series available – please tick the relevant race(s). Extra £1 for on the day entries

PRIZES

Prizes for 1st 3 men & women and vet categories (provided minimum of 2 competitors per category), for each race and an equivalent series prize from the best 3 races for each age category. Qualifying date for all age categories for all races is 23rd May.

MORE INFO

www.spectrumstriders.org.uk

Run under UKA rules

Minimum age: 12 years

LICENSES APPLIED FOR.

**POST RACE WATER: SOME WILL BE PROVIDED
BUT PLEASE BRING YOUR OWN TO REDUCE WASTE**

5k Race series sponsored by Westbrook Carpets & Laminates
www.westbrookcarpetsandlaminates.co.uk • 01925 244784

Race form created by
www.absolutelycreative.co.uk

MULTIPLE RACE ENTRY FORM

Please complete, printing clearly and tick where appropriate

VI-17.11.22

Surname

Forename

Address

Post Code

Contact tel

Email address

Date of Birth - - Male Female

UKA Affiliated Club (if any)

UKA Registration No

SINGLE RACE ENTRIES: Please collect your number on race evening.
SERIES ENTRIES: Entries received before 16/05/24 numbers will be posted out.
For any entries received after 16/05/24 please collect your number on race evening.

OFFICIAL
USE ONLY



Payment received



SAE received

Race No.

RACE

UKA
Registered

NOT UKA
Registered

POSTAL
CLOSING DATE

FULL SERIES ENTRY

£29

£37

16/05/24

Race 1: Dunham Massey 5K: Race 1 (350 limit)

£10

£12

16/05/24

Race 2: Robert McHarry Memorial
Birchwood Park 5k (350 limit)

£10

£12

23/05/24

Race 3: Dave Telford Memorial
Dunham Massey 5k (350 limit)

£10

£12

30/05/24

Race 4: Birchwood Brook 5k (350 limit)

£10

£12

06/06/24

ENTRY FEE ENCLOSED

£

Cheques payable to **Spectrum Striders RC**

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 - -

The host club will keep your information securely in accordance with our internal security policy.
We will only use this information to inform you of related race material and will not pass your information on to third parties.