



# Dunham Massey 5k

Part of the North Cheshire 5k Grand Prix

An Altrincham & District AC event



## 26th May & 16th June\* 2016

### Dunham Massey 5k

Run under UKA rules

Min age 12 years Licence No. 2016 licence applied for

Hosted by Altrincham & District Athletic Club

\*Race 2 is run in reverse direction

Postal entries to: Dunham Massey Park 5k,  
34 Townfield Gardens, Altrincham, WA14 4DT

Closing dates: Postal: 1 week before race dates • Online: 4 days before race dates

Cheques payable to: Altrincham & District AC

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

Race venue: Dunham Massey Park, Charcoal Road, Dunham Town,  
Altrincham, Cheshire, WA14 4SJ

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



### Entry fees

- » £8.00 (per race)
- » £6.00 (per race) if affiliated to UKA Club

### The races

- » Prizes to first 3 finishers
- » Prizes to veteran categories
- » Accurately measured, traffic-free course over roads and parkland
- » 350 race limit
- » Entries on day allowed if race limit not reached
- » This is race 1 and 4 in the 5-race North Cheshire Grand Prix (4 to count)

### Course records

- » Male: D Cliffe 14:47 (2015)
- » Female: O Walwyn 16:45 (2007)



For more information see [www.spectrumstriders.org.uk](http://www.spectrumstriders.org.uk)

### Entry form: Dunham Massey 5k (race 1 and / or race 2)

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

I wish to enter the  5k race on 26th May  5k race on 16th June  
Attached entry £6.00 per race. Unattached entry £8.00 per race.

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**