



South Cheshire Harriers



present the

Course Measurement Cert No.
09/002
Under UKA Rules
Licence No. Applied For



10K Road Race and 5K Fun Run

Easter Sunday

16th April 2017

10K Starts at 10:15am

Fun Run starts at 9:30am



Headphones Prohibited

Race HQ and Car Park at Manchester Metropolitan University Crewe Campus, CW1 5DU



Very fast, flat 2 lap 10K course (1 lap 5K) – Chip Timing

Memento to all 10K finishers and 5K finishers

OFFICIAL ENTRY FORM 2017 – BLOCK CAPITAL PLEASE

<i>Surname:</i>	<i>First Name:</i>
<i>Address (In full):</i>	<i>Date Of Birth:</i>
	<i>Age On Race Day:</i> (minimum age 15)
	<i>Sex (M/F):</i>
<i>Post Code:</i>	<i>Email Address:</i>
	<i>Telephone:</i>
<i>UKA Affiliated Club (if any):</i>	<i>Registration number:</i>

(Please note that the course is not suitable for wheelchair athletes). Please tick box below

<input type="checkbox"/> Entry for 10K Affiliated £10.00	<input type="checkbox"/> Entry for 10K Unaffiliated £12.00	<input type="checkbox"/> Fun Run/5K £3.00	<input type="checkbox"/> Air Products employee
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NB. NO ENTRIES ON THE DAY FOR 10KM RACE OR TRANSFERS ON DAY

NSRRA No.....

DECLARATION

- I will observe the race rules and obey all marshals' instructions.
- I am medically fit to run and understand that I enter at my own risk, and that the race organisers will not be responsible for any injury/illness incurred by me during the race.

An adult must accompany fun runners under 12.

Signed..... **Date:**

(Parental or Guardian permission will be requested on the entry form for runners under 18 years old)

Return to: Race Secretary, Air Products 10K, 8 Chidlow Close, Hough, Crewe. CW2 5RE

For more information visit: www.southcheshireharriers.org.uk and follow the link or email natbailey@live.co.uk or telephone: 07739 020550

Closing date postal entries3rd April 2017 or when race limit has been reached if earlier.

Before posting please make sure that you have: Include a 9"by 6" SAE with appropriate postage; enclosed payment; filled out the form correctly; and signed the entry form. Cheques made payable to: 'South Cheshire Harriers'