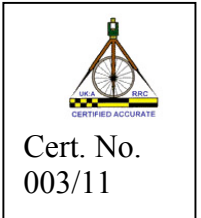




# The Central Lancashire 5K



Held under UK Athletics Rules. Licence No. (applied for)

Promoted and presented by Bolton United Harriers & A.C.  
on behalf of the Central Lancashire Grand Prix

**New Course and Chip Timing!!**

**At 10.30 am. Sunday 15<sup>th</sup> February 2015**

**Leverhulme Park, Long Lane, Bolton.**

**Registration at Athletics Track, Bolton. BL2 6EB.**

### Men's Prizes

1<sup>st</sup> 5 Senior  
 1<sup>st</sup> / 2<sup>nd</sup> 040  
 1<sup>st</sup> / 2<sup>nd</sup> 045  
 1<sup>st</sup> / 2<sup>nd</sup> 050  
 1<sup>st</sup> 055  
 1<sup>st</sup> 060  
 1<sup>st</sup> 065+  
 1<sup>st</sup> U20

One person one prize.

Race in age category except main race

**Entry Fee : £6 Affiliated : £8 Unaffiliated**

### IMPORTANT

Participants must realise that there are additional risks involved in participating in endurance events especially if there is a lack of preparation on the athletes part. The participant in this event has their own responsibility to ensure proper preparation, training and fitness to compete see [www.runnersmedicalresource.com](http://www.runnersmedicalresource.com) for information

### Women's Prizes

1<sup>st</sup> 3 Senior  
 1<sup>st</sup> / 2<sup>nd</sup> 035  
 1<sup>st</sup> / 2<sup>nd</sup> 040  
 1<sup>st</sup> / 2<sup>nd</sup> 045  
 1<sup>st</sup> 050  
 1<sup>st</sup> 055  
 1<sup>st</sup> 060+  
 1<sup>st</sup> U20

1<sup>st</sup> Team (3 to count)



1<sup>st</sup> Team (3 to count)

Must be 14 years or over. Race Limit 350. No entries on day if reached.

Course suitable for all levels but not wheelchairs.

**No ear phones to be worn please! You WILL be disqualified (it is a safety issue!)**

See [www.ukresults.net](http://www.ukresults.net) for online entry



Collect numbers on the Day

Name \_\_\_\_\_

Admin use

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Male / Female. Age (on race day) \_\_\_\_\_

Club \_\_\_\_\_ EA Number \_\_\_\_\_

Mail entry form to: -  
**Central Lancashire 5K**  
 34 Turton Heights  
 Bolton  
 BL2 3DU

Email (for race details) \_\_\_\_\_

Waiver: I am an amateur as defined by the rules of as defined by the rules of UK Athletics and agree to abide by their rules. I declare that I am adequately trained and fit to take part. I give my consent for my personal and medical details to be released by the medical team to the race organiser (to inform next of kin and statutory authorities) in the event of a medical emergency.

Signature \_\_\_\_\_ date \_\_\_\_\_ Signature (Parent / Guardian for U18) \_\_\_\_\_

**Cheques Payable to "Bolton United Harriers".**