



**Bolton United Harriers & A.C.**  
present their **THIRD** annual

# CENTRAL LANCASHIRE 5K

on behalf of the

**Central Lancashire Grand Prix**

**Sunday, 16th February 2014**

Starting at **10.30am**

**Leverhulme Park, Long Lane, Bolton, BL2 6EB**



UK Athletics Permit: 2014-pending

**COURSE:** One lap on undulating roads around and within  
Leverhulme Park, incorporating a Grandstand start and finish.



Course No.: 003/11

**\*\*CHIP-TIMED BY SPORT SYSTEMS\*\***

## Entry Conditions

Minimum age: 14.

Race limit: 350.

No entries on day if reached.

## Race Conditions

NO earphones to be worn.

Course suitable for all levels  
but not wheelchairs.

## More Details

Registration at indoor track.

Collect race chip on day.

Further info on the  
BUH&AC website:

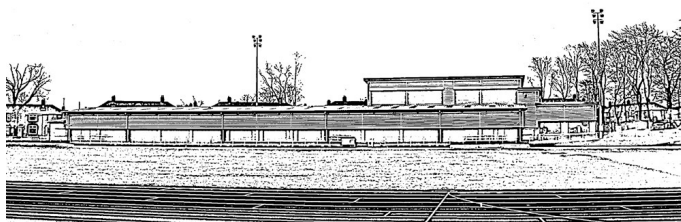
**Entry: £6 Affiliated or £8 Unaffiliated**

### IMPORTANT

Participants must realise that there are additional risks involved in endurance events, especially if there is a lack of preparation on the athlete's part. It is the participant's responsibility to ensure proper preparation, training and fitness to compete.

See [www.runnersmedicalresource.com](http://www.runnersmedicalresource.com) for more information.

**CLGP 2014 - Round 1**



## 5K Prizes\*

Cat	Men	Women
Open Age:	1st 5	1st 3
U/20:	1st	1st
O/35:	—	1st 2
O/40:	1st 2	1st 2
O/45:	1st 2	1st 2
O/50:	1st 2	1st
O/55:	1st	1st
O/60:	1st	—
Teams:	1st (Teams of 3)	1st (Teams of 3)

\*One individual prize per person.  
Race is in age category, except main race. All prizes at discretion of Race Organiser.

**WWW.BOLTONUNITEDHARRIERS.CO.UK/CENTRAL-LANCASHIRE-5K**

### Mail entry form and fee to:

CENTRAL LANCASHIRE 5K  
34 TURTON HEIGHTS  
BOLTON  
BL2 3DU

### Cheques payable to:

"Bolton United Harriers & AC"

**No SAE required.** Race details will only be sent out (by SAE) if no email is given. Collect bib and race chip on the day.

### Or enter online at any of:

[www.runnersworld.co.uk](http://www.runnersworld.co.uk)  
[www.ukforms.net](http://www.ukforms.net)  
[www.ukresults.net](http://www.ukresults.net)  
[www.race-results.co.uk](http://www.race-results.co.uk)

Online entry closing date: **14th February.**

Please use  
**BLOCK  
CAPITALS**

Surname: \_\_\_\_\_ Forename: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ DoB: \_\_\_\_\_ Age On Race Day: \_\_\_\_\_ Sex: **M / F**  
(DD/MM/YY) Min. Age: 14 (Please delete)

Email: \_\_\_\_\_  
(For personal running details and further race info) \*\*Please use BLOCK CAPITALS for your EMAIL for easy identification\*\*

Mobile: 0 7 \_\_\_\_\_ Phone: \_\_\_\_\_  
Home or Emergency (Include area code if not 01204)

UKA Club: \_\_\_\_\_ UKA Reg. No.: \_\_\_\_\_  
(Affiliated Running Club)

Medical Conditions: **None Known / Yes:** \_\_\_\_\_ Fee Enclosed: **£6 / £8**  
(Please delete. If yes, in case of First Aid emergency, please indicate e.g. asthma, or allergy to a drug e.g. Penicillin) Affiliated Unaffiliated

**Waiver:** I am an amateur as defined by the rules of UK Athletics and agree to abide by their rules. I accept there is a level of risk in endurance running. By starting the race, I declare I am medically fit and understand the organisers and supporters will not be held responsible for any loss, injury, illness or damage which may result from my taking part. I give 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 (AND signature of parent or guardian if under 18 years of age)

Date

Admin use  
CL5K  
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