



# South Cheshire Harriers



present the

Course Measurement Cert No.  
09/002  
Under UKA Rules  
Licence No. 2014 - 10735



## 10K Road Race and 5K Fun Run

Easter Sunday  
20th April 2014

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)

Comprehensive prize list

Memento to all 10K finishers and 5K finishers

### OFFICIAL ENTRY FORM 2014 – BLOCK CAPITAL PLEASE

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

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

Entry for 10K Affiliated £7.00	Entry for 10K Unaffiliated £9.00	Fun Run/5K £3.00	Air Products employee
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Race Entries on day subject to £2.00 surcharge.

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, 46 Woodside Avenue, Wistaston, Crewe. CW2 8AN

For more information visit: [www.southcheshireharriers.org.uk](http://www.southcheshireharriers.org.uk) and follow the link or email [SCH\\_Club\\_Enquiries@hotmail.co.uk](mailto:SCH_Club_Enquiries@hotmail.co.uk) or telephone: 07791 047745

Closing date postal entries .....11<sup>th</sup> April 2014

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'