



South Cheshire Harriers

Present the

SOUTH CHESHIRE 5KM SERIES 2014



DNP Building and Plastics
is proud to sponsor the
South Cheshire 5KM
Race Series 2014

DNP
Building and Plastics

Please phone for a free no obligation quote
01270 251767 or 07974 020331
dnp.buildingplastics@yahoo.co.uk www.dnpbuildingandplastics.co.uk

A Series of races around one of Cheshire's most beautiful parks and the surrounding area

RACE 1	FRIDAY 27th JUNE 2014	7pm START	(150 LIMIT)
RACE 2	FRIDAY 25th JULY 2014	7pm START	(150 LIMIT)
RACE 3	FRIDAY 29th AUGUST 2014	7pm START	(150 LIMIT)

Prizes for each race plus Series prizes based on the total of each athlete's 3 finishing positions

A useful memento to all series entrants

START / FINISH / RACE HQ: Lakeside Pavilion, Queen's Park, Crewe, CW2 7SE

Parking on Tipkinder Park, or King George V Playing field (but not inside Queens Park).

Toilets and refreshments available. Minimum age 11. Not suitable for wheelchair athletes.

Under UKA Rules, licence number: 2013-105812 No iPods / MP3 players / headphones



More information: www.southcheshireharriers.org.uk or email simola46@tiscali.co.uk or telephone: 07791 047745

Closing date for postal entries is 1 week prior to each race. Entries on the day are accepted if the race is not full.

Please return your signed entry form to Simon Walker, South Cheshire 5km Series, 46 woodside Avenue, Wistanston, Crewe, CW2 8AN with a 9" by 6" SAE with appropriate postage, **enclosed cheque made payable to South Cheshire Harriers**

OFFICIAL ENTRY FORM 2014 5KM SERIES - PLEASE COMPLETE IN BLOCK CAPITALS

Surname:		First Name:	
Address (In full):			
Post code:	Date of Birth:	Age on race day:	Sex: (M/F)
Telephone:	Email:		
UKA Affiliated Club (if any):		Registration number:	

Please tick box below

Race Series Entry (3 X 5km) Affiliated £10.00	Race Series Entry (3 X 5km) Unaffiliated £16.00	Entry for 5K Affiliated (State which race(S)) £4.00 per race	Entry for 5K Unaffiliated (State which race(S)) £6.00 per race
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DECLARATION

- I will observe the race rules and obey all marshalls' 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.

Signed _____

Date _____