We invite you to the

5 km FUN RUN for Children in Need 2016

Do something for a good cause

All money to Charity

All abilities welcome

on
Friday 18th November 2016
at
Birchwood Forest Park, Birchwood, Warrington, Cheshire
Starting at 12:30 pm

ANYONE CAN RUN or WALK!!!

Run under UKA rules - - Minimum age 12 years
An accurately measured traffic-free course on good paths through parkland
(Same course is used for Spectrum Striders RC Forest Park Ladies 5k)
Energy bar to all Finishers

Ample car parking in Birchwood Forest Park (One mile from M62 Junction 11)

Entry fees: £5.00 minimum, although a higher donation is always welcome
as all the money raised is given to Children in Need
Sponsor forms are available if you want to raise more money

**All cheques should be payable to Julian T Spencer. Include a Stamped Addressed Envelope
if you want the Number posted to you, or you can collect your number on the day**
Entries to: Children in Need 5km, ℅ Aaron Carroll, NNL, 5th Fl Chadwick House, Birchwood, Warr., WA3 6AE
or Andy Cooper, H460, Sellafield Ltd, Hinton House, Birchwood, Warrington, WA3 6GR
For information **enquiries** phone Aaron Carroll on 01925 289464; or Julian Spencer on 01925 289861;
or Andy Cooper on 01925 833164. Results will be published on Spectrum Striders RC' website at
http://www.spectrumstriders.org.uk

Closing date for receipt of **postal entries**: Wednesday 16th November 2016
Entry to the run can also be given on the day but in advance is preferred

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ENTRY FORM – Children In Need Fun Run 2016

Surname: _____   First name: _____

Company Address (or home): _____

_____

_____

Postcode: _____ Day Telephone no.: _____

UKA Affiliated Club (if any): _____   email address for results _____

Date of birth _____   Male ☐   female ☐   please tick

Entry fee enclosed : £ _____

I declare that I am an amateur as defined by UKA rules. I am medically fit to take part and I accept that the organisers
will not be responsible for any, loss, damage, illness or injury sustained as a result of taking part in the race.

Signed: _____   Date: _____

If you don't hand deliver the entry please remember a Stamped Addressed Envelope – or state you will collect your number on the day

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