

5 km FUN RUN

on
Friday 17th November 2017

at

Birchwood Forest Park, Birchwood, Warrington, Cheshire
Starting at 12:30 pm

Run under UKA rules - - Minimum age 12 years

An accurately measured traffic-free course on good paths through parkland
(Same course as used for Spectrum Striders RC Forest Park Ladies 5k)

Energy bar to all Finishers

**All abilities
welcome**

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

**All money
to charity**

**Do something
for a good
cause**

Entry fees: £5.00 minimum, although a higher donation is always welcome
as all the money raised is given to charity

Sponsor forms are available if you want to raise more money

All cheques should be payable to Matthew Barton. If you would like the number posted to you, please include a Stamped Addressed Envelope. Alternatively, you can collect your number on the day from the Ranger's Hut in Birchwood Park.

Entries to: Birchwood Charity 5km, % Matthew Barton, DWP, 301 Bridgewater Place, Birchwood, Warr., WA3 6XF

For information **enquiries** phone Matthew Barton on 01925 673825 or email matthew-.barton@dwp.gsi.gov.uk;

Mark Johnson on 01925 845384; or Julian Spencer on 01925 289861.

Results will be published on Spectrum Striders RC' website at <http://www.spectrumstriders.org.uk>

Closing date for receipt of **postal entries:** Wednesday 15th November 2017

Entry to the run can also be given on the day but in advance is preferred

ENTRY FORM – Birchwood 5km Fun Run 2017

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