



We invite you to the

5km FUN RUN in aid of The Alzheimer's Society

Do something for a good cause

All money to Charity

All abilities welcome

ANYONE CAN RUN or WALK!!!

On **Friday 17th May 2019**

at **Birchwood Forest Park, Birchwood, Warrington, Cheshire**
Starting at 12:30pm (Walkers start 12:15)

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 donation to the Alzheimer's Soc., although a higher donation is always welcome.

All cheques should be payable to Janet Redpath. Please include a Stamped Addressed Envelope, or if you would like a number posted to you or drop the forms off at 5th floor NNL office in Chadwick House
Alternatively, you can collect your number on the day.

Entries to: Alzheimer's Society 5km, % Janet Redpath, 6 Aspull Close. Birchwood, Warrington, Wa3 7NE
Or Alzheimer's Society 5km, % Julian Spencer, 5th floor, Chadwick House, Birchwood, WA3 6AE

For **enquiries** phone Janet Redpath on 07905 761123 or Julian Spencer on 07714 728024
Results will be published on Spectrum Striders RC' website at <http://www.spectrumstriders.org.uk>

Closing date for receipt of **postal entries:** Wednesday 15th May 2019
Entry to the run can also be given on the day but in advance is preferred.

ENTRY FORM – Alzheimer's Society 5k – 17th May 2019

Surname: _____ First name: _____

Works or Home Address

Company: _____

Postcode: _____ Day Telephone no.: _____

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

Date of birth _____ Male female please tick

Donation 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: _____

Please remember your Stamped Addressed Envelope – or alternatively state you will collect your number on the day
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