

We invite you to the

# 5 km FUN RUN in aid of Children in Need 2019

Do something for a good cause

All money to Charity

All abilities welcome

on  
Friday 15<sup>th</sup> November 2019

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 is used for Spectrum Striders RC Forest Park Ladies 5k)

Energy bar to all Finishers

ANYONE CAN  
RUN or WALK!!!

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 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, % Julian Spencer, NNL, 5<sup>th</sup> floor Chadwick House, Birchwood, Warr., WA3 6AE  
Or Rhonda Larkin, Sellafield Ltd, Hinton House, Birchwood, Warr., WA3 6GR, 01925 832149

For information **enquiries** phone

Julian Spencer on 01925 933728 or David Claxton on 01925 933694 or Rhonda 01925 832149

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

**Closing date** for receipt of **postal entries:** Wednesday 13<sup>th</sup> November 2019

**On the day entries are allowed** but entries in advance are preferred

ENTRY FORM – Children in Need Fun Run 2019

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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