

We invite you to the

**Red Nose Day 5km FUN RUN for  
Comic Relief 2023**

Do something for  
a good cause

All money to  
Charity

All abilities  
welcome

ANYONE CAN  
RUN or WALK!!!

On  
Friday 17<sup>th</sup> March 2023

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)

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

**Entry fees:** £5.00 minimum donation to Comic Relief, although a higher donation is always welcome.

**All cheques should be payable to Julian Spencer and or cash sent or delivered to my address below**

Paper Entries to: Comic Relief 5km, % Julian Spencer, 2 Elton Close, Birchwood, WA3 6NB

For **enquiries** phone Julian Spencer on 07714 728024 or 01925 933728

Or email me on [funrun@spectrumstriders.org.uk](mailto:funrun@spectrumstriders.org.uk)

On line entries via link <https://www.spectrumstriders.org.uk/lunchtime-charity-fun-runs/#red-nose-2023>.

Pay when you collect your number.

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

**Closing date** for receipt of **postal entries:** Wednesday 15<sup>th</sup> March 2023

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

ENTRY FORM – Comic Relief 5k – 17<sup>th</sup> March 2023

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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