



South Cheshire Harriers

present the



UKA Licence 2010-100502

Course Measurement Cert
No. 09/002



10K Road Race

and 5K Easter Bunny Fun Run

Easter Sunday 4 April 2010

10K Starts at 10:15am

Fun Run starts at 9:30am



No MP3 players

South Cheshire Harriers
Support



Race HQ and Car Park at Manchester Metropolitan University Crewe Campus, CW1 5DU

Very fast, flat 2 lap 10K course (1 lap 5K)

Comprehensive prize list

T shirt to all 10K finishers - Medal to all 5K finishers

OFFICIAL ENTRY FORM 2010 – BLOCK CAPITAL PLEASE

Surname:	First Name:
Address (In full):	Date Of Birth:
	Age On Race Day: <i>(minimum age 15)</i>
	Sex (M/F):
Post Code:	Email Address:
	Telephone:
UKA Affiliated Club (if any):	Registration number:

(Please note that the course is not suitable for wheelchair athletes).

Entry for 10K Affiliated £7.00 <input type="checkbox"/>	Entry for 10K Unaffiliated £9.00 <input type="checkbox"/>	Fun Run/5K £3.00 <input type="checkbox"/>	Air Products employee <input type="checkbox"/>
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Race Entries on day subject to £2.00 surcharge.

Vet Category for 10K (please circle)

Male		V40	V45	V50	V55	V60
Female	V35	V40	V45	V50	V55	V60

DECLARATION

- I will observe the race rules and obey all marshals' instructions.
- I am medically fit to run and understand that I enter at my own risk, and that the race organisers will not be responsible for any injury/illness incurred by me during the race.

An adult must accompany fun runners under 12.

Signed (by parent / guardian if under 18)..... **Date:**

Return to: Race Secretary, Air Products 10K, 46 Woodside Avenue, Wistaston, Crewe. CW2 8AN

For more information visit: www.southcheshireharriers.org.uk and follow the link or email 10Krace@southcheshireharriers.org.uk or telephone: **07722 605362**

Enter Online at www.runnersworld.co.uk or www.ukresults.net

Closing date postal entries27th March 2010

Before posting please make sure that you have: Include a 9"by 6" SAE with a 50p stamp; enclosed payment; filled out the form correctly; and signed the entry form. Cheques made payable to: 'South Cheshire Harriers'

