



South Cheshire Harriers

present the



Course Measurement Cert No.
09/002
Under UKA Rules
Licence No 2012-103371



10K Road Race and 5K Fun Run

Easter Sunday
8th April 2012



10K Starts at 10:15am
Fun Run starts at 9:30am

No MP3 players

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

Memento to all 10K finishers and 5K finishers

OFFICIAL ENTRY FORM 2012 – BLOCK CAPITAL PLEASE

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

(Please note that the course is not suitable for wheelchair athletes). **Please tick box below**

Entry for 10K Affiliated £7.00	Entry for 10K Unaffiliated £9.00	Fun Run/5K £3.00	Air Products employee
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Race Entries on day subject to £2.00 surcharge.

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..... **Date:**

(Parental or Guardian permission will be requested on the entry form for runners under 18 years old)

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 SCH_Club_Enquiries@hotmail.co.uk or telephone: 07791 047745

Closing date postal entries23th March 2012

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