



# SOUTH CHESHIRE 20

A scenic 20-mile race, 2 wks before Berlin, 5 wks before Chester & 6 wks before Yorkshire marathons

## Sunday 2<sup>nd</sup> September 2018; start 9:30am



Venue: **Shavington Sports Centre**  
**Rope Lane, Shavington, Crewe CW2 5DJ**



Certificate number 09/031

- Comprehensive prize list, including team prizes & course record prizes.
- Start and finish, parking, registration, changing facilities, showers and refreshments at Sports Centre.
- 20 miles of frequently hilly, mainly country lanes through Weston, Englesea-Brook, Betley, Wrinehill, Shralebrook, Audley and Barthomley.
- Excellent support and regular drink stations
- T-shirt to all finishers.
- Post race massage provided by LW Sports Therapy

Under UKA Rules  
Licence no: 2018-32100  
Maximum 250 runners

### Online entry at BookitZone.com

**Postal entries to:**  
Race Secretary  
South Cheshire 20  
46 Woodside Avenue  
Wistaston  
Crewe  
CW2 8AN

\*Postal entries\*: Please provide email address or affix sufficient postage if sending SAE for race info  
\*Online Entries\*: You will receive confirmation and race info by e-mail  
\*There will be NO on the day entries  
\*ALL race numbers to be collected on the day.  
Enquiries to **Mike Stevens 07800 683854**



NO MP3 PLAYERS PLEASE! For the safety of runners, this will be strictly enforced. Anyone running in headphones will be disqualified.

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## 2018 20-mile OFFICIAL ENTRY FORM - BLOCK CAPITALS PLEASE

First Name.....Surname.....

Address.....

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Post Code.....e-mail.....

Sex M or F  Date of Birth..... Age on Race Day..... (minimum 18)

UKA Affiliated Club (if applicable)..... UKA registration number.....

Telephone No..... NSRRA number (if applicable).....

**ENTRY FEES** (Please tick)     £11 (Affiliated)                       £13 (Unaffiliated)

Cheques to be made payable to **SOUTH CHESHIRE HARRIERS**

### DECLARATION

I will abide by the rules of UKA. I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses that may arise in consequence of my participation in this event. I declare that I will not compete in this race unless I am in good health on the day and that, in any event, I will compete at my own risk. The details on this form will be held on computer for the purposes of this race.

Signed..... Date.....