



South Cheshire Harriers

present the



Licence applied for



10K Road Race

and 5K Easter Bunny Fun Run

Easter Sunday 12 April 2009

Fun Run Start 10:00am - 10k Race Start 10:45am

Venue: Electra Way, Crewe, CW1 6GL

2009 Cheshire Road Race Grand Prix/Championships - Race No 4

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

New male and female course records to be set!

Comprehensive prize list

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

OFFICIAL ENTRY FORM 2009 – BLOCK CAPITAL PLEASE

Surname:		First Name:	
Address (In full):		Date Of Birth:	
		Age On Race Day: (minimum age 15)	
		Sex (M/F):	
Post Code:		Email Address:	
		Telephone:	
Cheshire Championships – qualification by birth or 9 months continuous residence (please tick)		By Birth <input type="checkbox"/>	By Residence <input type="checkbox"/>
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	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, 97 Close Lane, Alsager, Stoke on Trent, ST7 2UN

For more information visit: www.southcheshireharriers.org.uk and follow the link or email 10Krace@southcheshireharriers.org.uk or telephone: 07824 860347

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

Closing date postal entries1st April 2009

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'