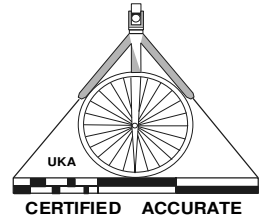




South Cheshire 20



A scenic 20-mile race, three weeks before the Edinburgh Marathon

Sunday 10th May 2009; Start 9:30am

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

- 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, Barthomley.
- Excellent support and regular drink stations.
- Accurate timing. (NOTE 4-hour limit)
- Comprehensive prize list, including team prizes
- Memento to all finishers

**Under UKA Rules.
Licence applied for.**

www.southcheshireharriers.org.uk

Race entries to:
**Race Secretary,
Robert Brown,
45 Oakhurst Drive, Wistaston,
Crewe, Cheshire CW2 6UE**

Please include sae for number, directions and details (DL; 22cm x 11cm max; larger envelopes requiring Large Letter stamps will have to be collected on day).
(Entries received after 3rd May, collect number on race day).
Enquiries to: **Charlie Rowlands 07791 568440**

2009 20 mile OFFICIAL ENTRY FORM - BLOCK CAPITALS PLEASE.

North Staffs Road Runners Association number (if applicable)

First Name Surname.....

Address
.....

Post Code Telephone No

E-mail address

Sex M or F Date of Birth Age on race day (minimum 18)

UKA affiliated Club (if applicable) UKA registration Number

ENTRY FEES (Please tick) £8.00 (Affiliated) £10.00 (Unaffiliated)

* Plus £1.00 for On-the-Day entries *

Cheques / Postal Orders to be made payable to **SOUTH CHESHIRE HARRIERS**

DECLARATION

I will abide by the laws of the 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 only compete at my own risk. The details on this form will be held on computer for the purposes of this race.

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