

NORTH CHESHIRE [GRAND PRIX] 5K RACE SERIES



**SPECTRUM
STRIDERS**

2019 RACES HOSTED BY: Spectrum Striders Running Club and Altrincham & District Athletic Club

RACE 1: THUR 23rd MAY – START: 19:15

Dunham Massey 5k

Coach House (left of Dunham Massey House), WA14 4SJ

RACE 4: THUR 13th JUNE – START: 19:15

Dunham Massey 5k

Coach House (left of Dunham Massey House), WA14 4SJ

RACE 2: THUR 30th MAY – START: 19:30

Birchwood Brook 5k

Birchwood Community High School, WA3 7PT

RACE 5: SUN 23rd JUNE – START: 10:00

Hollins Green 5k

Rixton & Glazebrook Community Hall, WA3 6LA

RACE 3: THUR 6th JUNE – START: 19:15

Bowdon 5k

Jubilee Rooms, The Firs, WA14 2TQ

ALSO: SUN 23rd JUNE – START: 10:45

1k fun run

Hollins Green – Cost is £3 on the day

CLOSING DATES: Postal entries: 4 days before respective race • Online entries: 2 days before respective race • On the day entries: allowed if race is not full

ONLINE ENTRIES

www.bookitzone.com

RACE ENQUIRIES

01925 818807 • E: julian@spectrumstriders.org.uk
0161 927 7401 • E: manselpope@hotmail.com

SERIES RACE NUMBERS

Will be posted out before 11/05/2019. Collect individual race numbers at each race HQ

Licenses applied for.

Entries accepted on day if race limits not exceeded.
Additional charges will apply.

POSTAL ENTRIES TO

North Cheshire Grand Prix,
34 Townfield Gardens, Altrincham, WA14 4DT

CHEQUES PAYABLE TO

Spectrum Striders Running Club

ENTRY FEES

See form below: Individual, multiple or complete series available – please tick the relevant race(s).

Race series sponsored by

Westbrook Carpets & Laminates
www.westbrookcarpetsandlaminates.co.uk

PRIZES

Prizes for 1st 3 men & women and vet categories for each race and an equivalent series prize from the best of 4 races for each age category.

MORE INFO

www.spectrumstriders.org.uk

Run under UKA rules

Minimum age: 12 years

Race form by

Absolutely
www.absolutelycreative.co.uk

MULTIPLE RACE ENTRY FORM

Please complete, printing clearly and tick where appropriate

VI-27-01-18

Surname

Forename

Address

Post Code

Contact tel

Email address

Date of Birth - - ☐ Male ☐ Female

UKA Affiliated Club (if any)

UKA Registration No

OFFICIAL
USE ONLY

☐ Payment received

☐ SAE received

Race No.

RACE

CLUB

UNATTACHED

POSTAL CLOSING DATE

FULL SERIES ENTRY

☐ £24

☐ £32

16/05/19

Race 1: Dunham Massey: Race 1 (350 limit)

☐ £6

☐ £8

16/05/19

Race 2: Birchwood Brook (350 limit)

☐ £6

☐ £8

23/05/19

Race 3: Bowdon (350 limit)

☐ £6

☐ £8

30/05/19

Race 4: Dunham Massey: Race 2 (350 limit)

☐ £6

☐ £8

06/06/19

Race 5: Hollins Green (400 limit)

☐ £6

☐ £8

14/06/19

Hollins Green **1K FUN RUN**

☐ £3 CLUB/UNATTACHED

14/06/19

ENTRY FEE ENCLOSED

£

Cheques payable to **Spectrum Striders Running Club**

I declare that I am an amateur as defined by UKA rules. I am medically fit to take part and I accept that the organisers will not be responsible for any loss, damage, illness or injury sustained as a result of taking part in the race. A parent or guardian must sign if the runner is under 18.

Signature

(Parent or Guardian if under 18)

Date

- -

Spectrum Striders will keep your information securely in accordance with our internal security policy.

We will only use this information to inform you of Spectrum Striders related material and will not pass your information on to third parties.

SINGLE RACE ENTRIES: Please collect your number on race evening.

SERIES ENTRIES: Entries received before 16/5/19 numbers will be posted out.
For any entries received after 16/5/19 please collect your number on race evening.