

We invite you to the

Comic Relief 5km FUN RUN 2026

Do something
for a good cause

On
Friday 20th March 2026

at

Birchwood Forest Park, Birchwood, Warrington, Cheshire

Starting at 12:30 pm

All abilities
welcome

ANYONE CAN
RUN or WALK!!!

Minimum age 12 years

An accurately measured traffic-free course on good paths through parkland
(Same course is used for Spectrum Striders RC Forest Park Ladies 5k)

Ample car parking in Birchwood Forest Park (One mile from M62 Junction 11)

Entry fees: £5.00 minimum donation to Comic Relief, although a higher donation is always welcome.

All cheques should be payable to Julian Spencer and or cash sent or delivered to my address below

Best entry route online to <https://www.spectrumstriders.org.uk/lunchtime-charity-fun-runs/>
pay cash when you collect your number on the day

Any paper Entries to: Comic Relief 5km, c/o Julian Spencer, 2 Elton Close, Birchwood, WA3 6NB
For **enquiries** phone Julian on 07714 728024 or email me on funrun@spectrumstriders.org.uk

Results will be published on Spectrum Striders RC' website at <http://www.spectrumstriders.org.uk>

Closing date for receipt of **postal entries:** Wednesday 18th November 2026
Closing date for receipt of email/online entries midnight 19th November 2026
Entry to the run can also be given on the day but in advance is preferred.

ENTRY FORM – Children in Need 5 km – 20th March 2026

Surname: _____ First name: _____

Works or Home Address

Company _____

Postcode: _____ Day Telephone no.: _____

UKA Affiliated Club (if any): _____ email address for results _____

_____ Male ☐ Female ☐ please tick

Donation enclosed: £ _____

☐

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.

Signed: _____ Date: _____

Please collect your number on the day and swap for your money