We invite you to the

Children in Need 5km FUN RUN 2026

Do something for a good cause

On
Friday 13th November 2026
at
Birchwood Forest Park, Birchwood, Warrington, Cheshire
Starting at 12:30 pm

ANYONE CAN RUN or WALK!!!

All abilities welcome

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 at Birchwood Forest Park (One mile from M62 Junction 11)

Entry fees: £8.00 minimum donation to Children in Need, although a higher donation is always welcome.

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

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Best entry method is online to https://www.spectrumstriders.org.uk/lunchtime-charity-fun-runs/
and bring your cash with you 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 11th November 2026
Closing date for receipt of email/online entries midnight 12th 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 – 13th November 2026

Surname: _____ First name: _____

Works or Home Address

_____

_____

_____Company (if any)_____

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 remember to bring your money

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