

One of the fastest 5 Mile Road Races in the country!

The Alsager '5'

ON SUNDAY 7TH FEBRUARY 2010

5 Mile Road Race

11.00AM START

FROM ALSAGER LEISURE CENTRE (NEAR CREWE)

Supported by:

Bourne Sports

PRIZES TO FIRST 7 MALES AND FIRST 7 FEMALES
PLUS ALL THE USUAL VETS CATEGORIES

T-shirt to all finishers



Accurately measured course
Under UK Athletics Rules
Permit Applied For

ENTRY FEES: (PLEASE MAKE CHEQUES PAYABLE TO GRASSROOTS RUNNERS)

Club Runners.....£9.50; Unattached.....£11.50;

N.B. Entries on the day will be subject to a £1.50 administration charge

Please return the completed entry form below with a large S.A.E. to:

Ken Rushton 6 Gardenholm Close, Lightwood, Stoke-on-Trent, ST3 7YQ

For further details telephone: Ken Rushton (01782) 330853 or Paul Robotham (01782) 720384.

Or E-Mail suken@run222.freemove.co.uk

ENTRY FORM

Please Tick: Male <input type="checkbox"/>		Female <input type="checkbox"/>	
Surname:		First Name:	Other Initial:
U.K Affiliated Club: (if not a club member write unaffiliated)		NSRRA No: (Leave blank if you are not a member)	
Age on race day:	Total Amount enclosed: £		
Address:		UK Athletics number:	
Telephone number: (Day)		(Evening)	
Minimum age for the 5 Mile Road Race is 15 years on or before the race day. I declare that: (1) I am an amateur under UK Athletics rules; (2) I will abide by the UK Athletics laws and rules; (3) I enter and intend to run entirely at my own risk.			
Signature:		Date:	
Which footwear brand do you wear?			

Why not visit our web site at www.alsager5.co.uk