

**Vernon's 'Limp Wrist' 5 Mile Run.
New Years Day 2020 11-15a.m.
In memory of Vernon Olivant**

Course

From Castlefields, to and clockwise round the pool. Back through Castlefields, then along the disused railway to Derrington. Back to the pool, around and finish back in Castlefields.

We will need a few marshals, and someone with a bike to turn the runners at Derrington.

Donation - £5 on the day

Awards

**First 10 nearest to their predicted time will receive an award of £20 to £3.
£10 to any runner with correct time (or share if more than one.)**

All profit to Katherine House Hospice.

Awards presented at the Kings Horse, Kingsway, ST16 1BE as soon as possible after 12-30pm.
Refreshments and full bar.

Additional parking at Stafford Rugby Club, entry off Newport Rd 100 metres before Castlefields roundabout.
There is a large sign saying 'Shoe Shed'. Enter and parking is on the left. Take footpath to the pool on the course. Left (pool on right) to St Martin's Drive, then right to the finish/registration. A 5 minute walk away.

Register in advance:

By filling out form and sending to:

Mike Jones, 42 Parkway House, St. Georges Park, Stafford ST16 3WF.

Or by email to michael.jones833@sky.com,

Or passing on to any runner that can get the form to me.

On the day at the Castlefields car park from 10am.

Please if posting send no money, pay me on the day, when I am giving out the numbers.

Contact me on 01785 261755, mobile 07513531616.

It is assumed that all participants accept that they are responsible for their own health, safety and possessions during or as a result of the event, and that all participation is at one's own risk!

Predict your time on form below

Remember first 10 closest to their predicted time gain an award.

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ENTRY FORM.

NAME. _____

CLUB IF ANY. _____

CONTACT PHONE NO _____

PREDICTED TIME FOR THE 5 MILES. ____ Hr. ____ min. ____ Sec.

Signed _____ Date _____