

West Cheshire Athletic Club presents the 15th



Chester Spring 5



WEDNESDAY 4th April 2007 at 7.00 pm

An accurately measured 5 mile road race on a fast course along rural lanes starting and finishing at Cheshire County Sports Club, Upton, Chester (Grid ref. 421688)

Course records: Men: Peter Riley 23.23; Women: Sue Parker 27.24; Vets: Mike Girvan 24.29

Prizes: Men: At least first 5 plus, 1st U/20, 1st & 2nd O/40, 1st & 2nd O/45, 1st O/50, 1st O/55, 1st O/60
Women: At least first 3 plus, 1st U/20, 1st O/35, 1st O/40, 1st O/45, 1st O/50
UKA affiliated Club Teams: 1st male (4 to count) and 1st female (3 to count)
First Unattached LOCAL Runner Only one individual prize per Runner

Under UK Athletics Rules: NoEAA Permit No. 7792

Assisted by:

Entry fees: UK Athletics affiliated Club members £4.00

Unattached £6.00

Entries on the day £1 extra (subject to Race Limit of 400)

Minimum age: 15 years on day of race

Closing date for postal entries: – 24th March 2007 (Note: LARGE envelope nee

(Numbers for entries received after this date to be collected on the day of the race).



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ENTRY FORM - "CHESTER SPRING 5"

'WEDNESDAY 4th APRIL 2007'

SURNAME FIRST NAMES

DATE OF BIRTH AGE ON RACE DAY MALE FEMALE

UKA CLUB Registration Number

ADDRESS STREET DISTRICT TOWN COUNTY POSTCODE Leave blank

HOME TEL No. WORK TEL No.

DECLARATION: I am medically fit to run and accept that I compete in this event at my own risk and that the organisers shall not be liable for any accident, injury or loss as a consequence of my participation. I will abide by the UK Athletics rules and obey Marshals' instructions.

Signed : _____ DATE : _____

Send to: – 'Spring 5', 33 St Peters Way, Mickle Trafford, Chester CH2 4EJ by – 24th March 2007

Enclosing: Your entry fee, £4 UKA affiliated £6 Unattached

With a 9"x6³/₈" (C5, letter size) Stamped Addressed Envelope (Polite Note: No SAE, No Entry!!)
(Cheques payable to West Cheshire AC)