

One of the fastest 5 Mile Road Races in the country



ENVISAGE
BRAND EXPERIENCES

ALSAGER 5

In Memory of Dave Edwards

ON SUNDAY 3RD FEBRUARY 2019
5 MILE ROAD RACE

11.00AM START

FROM ALSAGER LEISURE CENTRE (NEAR CREWE)

PRIZES TO FIRST 3 MALES AND FIRST 3 FEMALES
PLUS ALL THE USUAL VETS CATEGORIES

Accurately measured course
Under UK Athletics Rules
Licence Number 2019-36897



Supported by:

afford
Rent-A-Car

CHIP TIMING & TECHNICAL T-SHIRT TO ALL FINISHERS

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

Club Runners.....£14.00; Unattached.....£16.00;

N.B. Entries on the day (if available) will be subject to a £1.00 administration charge

Please return the completed entry form below with a 9x6 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 kenrushton54@gmail.com

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: *NB Entrants under 18 years of age must have signed permission from parent or guardian.	UK Athletics number:	Total Amount enclosed: £
Address:		
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.		
Runner's Signature:	* Parent's/ Guardian's Signature:	
Date:		

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