



Sandbach Striders Running Club
10K & 1 mile Family Fun Run
Sunday 13 September 2009 -11.00am



Under UKA Rules – permit applied for
Race limit 180 - minimum age 16 years

Entries on the day subject to race limit at £2 surcharge
10K multi-terrain race

Half (approx) mile family fun run starts (10.20am)

RACE H.Q. ELWORTH CRICKET CLUB, ELWORTH, SANDBACH

Drinks station, Changing and showers, On-line Results.

Prizes to 1st three males and females

Prizes to 1st Sandbach residents (male and female)

(one prize only per person)

ENTRY FORM

First Name: _____ **Surname:** _____

Address: _____

_____ **Post Code:** _____

Tel No: _____ **Email:** _____

DOB ____/____/____ **Age on race day:** _____ **Male** **Female**

UK ATHLETICS REG NO: _____

NON UK ATHLETICS MEMBERS (TICK HERE)

AFFILIATED CLUB: _____

Entry Fees: Affiliated £7 Unaffiliated £9

Cheques payable to: "Sandbach Striders"

Total enclosed £ _____ Please include A5 9x6 SAE

I declare that I will abide by the Laws and rules for competition of the IAAF and other bodies. I confirm that I am an amateur as defined under England Athletic rules. I intend running entirely at my own risk and that the organisers will not be held responsible for any injury, loss, damage or harm resulting from participating in the Sandbach 10K. I will be over 16 years of age on 13 September 2009.

Entries to:- Sandbach 10K 2009, 7 Sycamore Grove, Sandbach, Cheshire CW11 1PJ

Closing Date for Postal Entries: 4th September 2009