



Dunham Massey 5k

Part of the 5k Grand Prix

An Altrincham & District AC event



The 17th & 18th Dunham Massey Park 5km Races

on

Friday, 28th May 2010 at 7:15pm and Thursday, 17th June 2010 at 7:15pm

from

Dunham Massey Park, Charcoal Road, Dunham Town, Altrincham, WA14 4SJ

Registration, Parking, Toilets & Presentation within the grounds of the park. Registration, start/finish at Dunham Massey Hall. Please use main car park, further down Charcoal Road.

Run under UKA rules – Licenses applied for - Minimum age 13 years - Accurately measured, traffic-free 2-lap course over roads and parkland – Extensive prize list – **Race Limit 250 Runners so pre-entry ESSENTIAL**

Also these are Races 1 and 4 in Spectrum Striders and Altrincham & DACs 5-race Grand Prix (4 to count)

Race 1 Dunham Massey Pk Fri 28th May, Race 2 Hollins Green Sat 5th June, Race 3 Bowdon Thu 10th June, Race 4 Dunham Massey Pk Thurs 17th June, Race 5 Lymm 15:30 Sat 26th June, see website for a series entry form

Course Records: Men 15:02 Gareth Raven (Sale H Mer, 2007)

Ladies 16:45 Olivia Walwyn (City of Norwich, 2007)

Entry fees: £5 affiliated, £7 unaffiliated (£1 extra on the day)

Cheques payable to Altrincham & District AC & include a Stamped Addressed Envelope

Send entries to: Dunham Massey Park 5 Km, 34 Townfield Gardens, Townfield Road, Altrincham, WA14 4DT

Telephone enquiries: 0161 927 7401; email queries: manselpope@hotmail.com

Or visit the Altrincham & DAC website at <http://www.altrincham-athletics.co.uk>

Closing date for receipt of postal entries: 22nd May 2010 (Race 1) and 11th June 2010 (Race 2)



Dunham Massey Park 5k - Entry Form Race 1 or Race 2

Surname: _____ First name: _____

Address: _____

Postcode: _____ Telephone no.: _____

UKA Affiliated Club (if any): _____ UKA Registration No: _____

Date of birth (DD/MM/YY): _____ Male or Female: _____

Races entered (please tick) Race 1 _____ Race 2 _____

Entry fee enclosed : £ _____ and a 9"x6" Addressed Envelope with appropriate stamp.

I declare that I am an amateur as defined by UKA rules. I am medically fit to take part and I accept that the organizers will not be responsible for any, loss, damage, illness or injury sustained as a result of taking part in the race.

Signed: _____ Date: _____

Please remember your Stamped Addressed Envelope – or you will have to pick-up your number on the day