



Lymm 5k

Part of the 5k Grand Prix

A Spectrum Striders RC event



8th Lymm 5km Road Race & Fun Run



On

Saturday, 26th June 2010 at 3:30 pm (NB Fun Run 4pm)

from

Cherry Tree Primary School on Hardy Road, Lymm, WA13 ONX

(just off the B5158/Cherry Lane & 2 miles from M6 Junction 20, grid ref 674867)

Hosted by Spectrum Striders Running Club and Tree School Association

On-day entries & parking at Cherry Lane Primary School, to raise funds for Cherry Tree School Association Run under UKA rules - License 2010-0057 - Minimum age 13 years for 5k - accurately measured road course

Prizes to first 3 finishers, men's and women's teams & veteran categories in this race

*Also this is Race 5 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 Thu 17th June, Race 5 Lymm 15:30 Sat 26th June, see website for a series entry form

NB Race Start 1 hour earlier to avoid Potential World Cup clash

5k Entry fees: £5 affiliated, £7 unaffiliated (£1 extra on the day), Fun Run £2.00

Cheques payable to Spectrum Striders Running Club & include a Stamped Addressed Envelope

Send entries to: Lymm 5 Km, 71 Highfield Road, Lymm, Warrington, Cheshire, WA13 0DT

Telephone enquiries: 01925 757368 or 01925 818807 (or julian@spectrumstriders.org.uk)

Or visit Spectrum Striders' website at <http://www.spectrumstriders.org.uk>

Closing date for receipt of postal entries: 19th June 2010



Lymm 5k & Fun Run - Entry Form

Surname: _____ First name: _____

Address: _____

Postcode: _____ Telephone no.: _____

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

Date of Birth : _____ Male or Female: _____ 5k Race or Fun Run _____

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