



# Barrow Community Trust 5k

## 12.30pm Sunday 17<sup>th</sup> September 2006

### Barrow in Furness Public Park

Under UK Athletic Rules - Permit Applied For - Traffic free, course within the park  
Registration, Showers & changing opposite the Leisure Centre (Entrance Greengate Street)  
Individual Prizes to first three Men & Ladies - Team Prize Men's and Ladies (Teams of 3)  
Age Category Prizes- Medals for all finishers limit 300  
Competitors must be 15 years of age or over on the day of the race  
Entry Fees: Affiliated Club Members- £3.00, Unattached Runners - £5.00  
Entries accepted on the day - Closing date for postal entries 8<sup>th</sup> September 2006

| PLEASE COMPLETE IN BLOCK CAPITALS |          |                     |   |   |
|-----------------------------------|----------|---------------------|---|---|
| First Name                        |          | Surname             |   |   |
| Age on Day of Race                | & D.O.B. | Sex (Please circle) | M | F |
| Address ( inc. Post Code)         |          |                     |   |   |
|                                   |          |                     |   |   |
|                                   |          |                     |   |   |
| Telephone No.                     |          |                     |   |   |
| Club                              |          |                     |   |   |

I declare that I am an amateur as defined by UK Athletics laws and agree to abide by UKA laws. I am medically fit to run and I enter at my own risk. I understand that neither the organisers nor the sponsors are responsible for any injury or illness incurred by me during, or as a result of the race. Neither are they responsible for any of my personnel property lost or stolen or damaged.

Signed..... Date.....

**PLEASE SEND A 9"x 6" STAMPED ADDRESSED ENVELOPE**  
To Roly Carruthers, Quarry Cottage, Quarry Brow, Barrow -in- Furness, Cumbria LA14 4HY  
**CHEQUES MADE PAYABLE TO 'BARROW COMMUNITY TRUST'**

*Fun Run at 11am -- further details at [www.barrowcommunitytrust.org](http://www.barrowcommunitytrust.org) 01229 824466*

**Organised in conjunction with Barrow Borough Council, Barrow Sports Council and Barrow & Furness Striders A.C**



Produced 2006 by Barrow & Furness Striders Athletic Club. Website [www.bjsac.free-online.co.uk](http://www.bjsac.free-online.co.uk) [www.barrowbc.gov.uk](http://www.barrowbc.gov.uk)  
Downloaded from [www.race-results.co.uk](http://www.race-results.co.uk)

