

# Ellesmere Port Running Club

Presents the

## URENCO Capenhurst 5k

7.15pm Wednesday 24<sup>th</sup> August 2011

Based at

the Electricity Sports & Social Club  
Capenhurst Technology Park,  
Capenhurst, South Wirral (CH1 6EH)

### Course Record:

- + Tarus Elly:  
14m 56s
- + Rachael Thompson:  
16m 56s

Cash prize for new record

- + Race licence applied for
- + A fast, flat, measured course,
- + Easy access from the end of the M56 (2mins.)
- + Cash prizes for the first three finishers (M&F) & for first in each category



Course Measurement Certificate  
Number: 05/034

9th running



of the event



Changing, Shower and Bar facilities

Entry fees: Affiliated club runners: £5.00 Unattached runners: £7.00

Online registration at [www.ukresults.net](http://www.ukresults.net)

**Entries on the night £2.00 extra, so please enter early to avoid the extra cost**

→ .....

Mark for category

Male Category	U20	U40	040	045	050	055	060	065
Female Category	U20	U35	035	040	045	050	055	060

<b>Name</b>	<b>Date of birth</b>
<b>Address</b>	<b>Contact No(s) or email address</b>
	<b>UKA Club (if any)</b>
	<b>National Reg. Number</b>  <b>Note: Nat. Affiliation N° REQUIRED to qualify for lower entry price</b>
I accept that I compete in this event at my own risk and that the organizers shall not be liable for any accident, injury or loss as a consequence of my participation. I will abide by UK Athletics Rules <b>Data Protection Act:</b> I understand and agree that the above details will be stored on a computer for race administration purposes and will not be supplied to a commercial organisation.	
<b>Signed</b> Parental signature required for any Under 18's	<b>Date</b>

Send entry fee, form & large SAE to  
Race secretary, 4 Dolphin Crescent, Great Sutton, Cheshire CH66 4SZ  
Please make cheques payable to: Ellesmere Port Running Club  
Website: <http://www.ellesmereportrunningclub.org.uk/>