

Course Record:

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

Cash prize for new record

Ellesmere Port Running Club

Presents the

URENCO Capenhurst 5k7.00pm Wednesday 26th August 2009

Based at

the Electricity Sports & Social Club
Capenhurst Technology Park,
Capenhurst, South Wirral

- + 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

**7th 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 (from April 2009)**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	070
Female Category	U20	U35	035	040	045	050	055	060	065

Name	Date of birth
Address	Contact No(s) or email address
	UKA Club (if any)
	National Reg. Number Note: Nat. Affiliation N° REQUIRED to qualify for lower entry price
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 Data Protection Act: 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.	
Signed	Date

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/>