



SOUTH CHESHIRE 20

A picturesque 20-mile road race, 4 weeks before Berlin, 5 weeks before Chester & 7 weeks before Yorkshire marathons



Sunday 1st September 2019: Start at 09:30hrs



Under UKA Rules. Licence no: 2019 - 37197

Max 250 runners

Certificate no: 09/031

Venue: Shavington Leisure Centre, Rope Lane, Shavington, CW2 5DJ

Online entry via: bookitzone.com (Confirmation of booking & race info via email)

- 20 miles of frequently hilly, mainly quiet & scenic country lanes.
- Excellent marshalling support and regular drink stations.
- Comprehensive prize list, team prizes and course record prizes.
- Ample parking. Lockers, changing and shower facilities.
- Finishers memento.
- A can of **Erdinger Alkoholfrei** for each finisher
- Pre/Post race massage by **LW Sports Therapy M:07786 236278**

- **NO** entries on the day.
- Race numbers issued on the day.
- All enquires to **Mike Stevens, Race Director, M: 07800 683854**

Postal entries to: **Race Secretary SC20**
46 Woodside Ave, Wistaston, Crewe CW2 8AN. Please provide email address or SAE



For the safety of all runners' the use of audio devices, headphones and earpieces are NOT permitted. Failure to abide by these regulations will result in disqualification.

.....
SC20-Mile OFFICIAL ENTRY FORM - BLOCK CAPITALS PLEASE

First Name..... **Surname**

Home Address..... **Post Code**.....

E-mail..... **Telephone No**.....

Date of Birth..... **Age on Race Day**..... (min18 years). **Gender: M or F** (Please circle)

UKA Affiliated Club (if applicable) **UKA registration number**..... **NSRRA number** (if applicable)

ENTRY FEES (Please tick) **£15** (Affiliated) **£17** (Unaffiliated). Cheques to be made payable to: **"South Cheshire Harriers"**

DECLARATION:

I will abide by the rules of UKA. I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses that may arise in consequence of my participation in this event. I declare that I will not compete in this race unless I am in good health on the day and that, in any event, I will compete at my own risk. The details on this form will be held on computer for the purposes of this race. I agree that the organisers may publish my Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences, publishing results or promoting future races either for the event alone or other events. Results may include name, any club affiliation, race times, email address, date of birth and age category.

Signed.....

Date.....