



CLOWNE ROAD RUNNERS CLUB



www.clowneroadrunners.org



2013-105196

PROUDLY PRESENTS THE

Towpath & Trail 5K & 10K

Under UKA Rules (2013-105196)

Sunday 19th May 2013 @ 11:00 am

Plus Fun Run @ 10:15 (approx 1.5K)

Race HQ at the Shireoaks Bowling Club, Shireoaks, S81 8NA

Scenic trail route (single lap) along the Chesterfield Canal, through beautiful countryside and small villages.
Approximately distances (not suitable for wheelchairs).

10K Prizes:

- First Three Males
- First Three Females
- Veteran Categories

5K Prizes:

- First Male/Female
- First Three Boys 12 to 14 years
- First Three Girls 12 to 14 years
- First Team 12 to 14 years (3 in a team)

**QUALITY COMMEMORATIVE MUG FOR ALL 5K & 10K FINISHERS
&**

MEDAL FOR ALL FUN RUN FINISHERS

10K Entry Fee:

- £12 Un-Affiliated
- £10 Affiliated

5K Entry Fee:

- £12 Un-Affiliated
- £10 Affiliated

5K Entry Fee 12 to 14 years of age:

- £7 Un-Affiliated
- £5 Affiliated

- Closing date for postal entries 10th May 2013
- Entries on the day (to 500 limit) are subject to a £2.00 surcharge & will not be eligible for prizes
- Minimum age for 10K is 15 years
- Minimum age for 5K is 12 years
- Hot food & Drinks & Licensed bar
- Pre & Post Race Massage courtesy of 'Therapy @ Hand'

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ENTRY FORM

Note: FUN RUN ENTER ON THE DAY



(complete clearly using BLOCK CAPITALS)

Please delete as appropriate: **Male / Female**

Please delete as appropriate: **5k / 10K**

Surname:..... Address:.....

Forename:.....

Tel Number:.....

Date of Birth:...../...../.....

Age on Race Day:..... Postcode:.....

Affiliated Club:..... Membership No.:.....

Email Address:.....

INFORMATION PACK & RACE NUMBERS WILL BE DESPATCHED FROM 23rd April 2013.

Declaration:

I understand that the Towpath & Trail 5K & 10K, Fun Run and associates cannot be held responsible in any way for loss or injury to myself, or any other party, however arising or for any property lost or damaged.

I Declare that I am medically fit, and understand I enter this event at my own risk.

I will be over the age of 12 years for the 5K and 15 years old for the 10K event on race day.

In the unfortunate cancellation of the event through circumstances beyond the control of the race organisers, I understand, and accept, the rules and terms of the entry including that there will be no refund of race fees.

Signed (entrant)..... Parent/Guardian.....
(also required if under 18 years of age)

Please find enclosed Cash, Cheque / PO for £..... Entry

Please make Cheques payable to Clowne Road Runners Club

Return completed entry form with a C5 S.A.E WITH CORRECT POSTAGE to:

TPAT5K10K
2 Shunters Drift
Barlborough
Chesterfield
Derbyshire
S43 4WL

Visit Clowne Road Runner website at www.clowneroadrunners.org