



## Altrincham & District Athletic Club

Supported by the National Trust

Invite you to run



# The 13<sup>th</sup> & 14<sup>th</sup> Dunham Massey Park 5km Races

on

**Friday, 23<sup>rd</sup> May 2008 at 7:15pm and Friday, 13<sup>th</sup> June 2008 at 7:15pm**

from

Dunham Massey Park, Charcoal Road, Dunham Town, Altrincham

Registration, Parking, Toilets & Presentation within the grounds of the park. Registration, start/finish at Dunham Massey Hall. Please use main car park, further down Charcoal Road.

Run under UKA rules – Permits applied for - Minimum age 13 years - Accurately measured, traffic-free 2-lap course over roads and parkland – Extensive prize list – Race Limit 200 Runners so pre-entry strongly recommended

*Also these are Races 1 and 4 in **Spectrum Striders and Altrincham & DACs 5-race Grand Prix (4 to count)***

Race 1 Dunham Massey Pk Fri 23<sup>rd</sup> May, Race 2 Hollins Green Sat 31<sup>st</sup> May, Race 3 Bowdon Thu 5<sup>th</sup> June, Race 4 Dunham Massey Pk Fri 13<sup>th</sup> June, Race 5 Lymm 16:30 Sat 21<sup>st</sup> June, see website for a series entry form

**Course Records: Men 15:02 Gareth Raven (Sale H Mcr) Ladies 16:55 Olivia Walwyn (City of Norwich)**

Entry fees: £4 affiliated, £6 unaffiliated (£1 extra on the day)

**Cheques payable to Altrincham & District AC & include a Stamped Addressed Envelope**

Send entries to: Dunham Massey Park 5 Km, 1 Reservoir Cottages, Dunham Rd, Altrincham, WA14 4QD

**Telephone enquiries: 0161 928 5381**

Or visit the Altrincham & DAC website at <http://www.altrinchamac.fsnet.co.uk>

Closing date for receipt of postal entries: 16<sup>th</sup> May 2008 (Race 1) and 6<sup>th</sup> June 2008 (Race 2)



## Dunham Massey Park 5k - Entry Form Race 1 or Race 2

Surname: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_ Telephone no.: \_\_\_\_\_

UKA Affiliated Club (if any): \_\_\_\_\_ UKA Registration No: \_\_\_\_\_

Date of birth (DD/MM/YY): \_\_\_\_\_ Male or Female: \_\_\_\_\_

Races entered (please tick) Race 1 \_\_\_\_\_ Race 2 \_\_\_\_\_

**Entry fee enclosed : £ \_\_\_\_\_ and a 9"x6" Addressed Envelope with appropriate stamp.**

I declare that I am an amateur as defined by UKA rules. I am medically fit to take part and I accept that the organizers will not be responsible for any, loss, damage, illness or injury sustained as a result of taking part in the race.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Please remember your Stamped Addressed Envelope – or you will have to pick-up your number on the day**