

We invite you to the

**5 km FUN RUN for
Children in Need 2008**

**Do something
for a good cause**

**All money to
Charity**

on
Friday 14th November 2008

at

Birchwood Forest Park, Birchwood, Warrington, Cheshire

Starting at 12:30pm

**All abilities
welcome**

**ANYONE CAN
RUN or walk!!!**

Run under UKA rules - - Minimum age 13 years

An accurately measured traffic-free course on good paths through parkland
(Same course is used for Spectrum Striders RC Forest Park Ladies 5k)

Energy bar to all Finishers

Ample car parking in Birchwood Forest Park (One mile from M62 Junction 11)

Entry fees: £5.00 minimum, although a higher donation is welcome
as all the money raised is given to Children in Need

Sponsor forms are available if you want to raise more money

**All cheques should be payable to Julian T Spencer. Include a Stamped Addressed Envelope
if you want the Number posted to you, or you can collect your number on the day**

Send entries to: Children in Need 5km, % A J Cooper, H460, Hinton House, Risley, Warrington, WA3 6AS

For **enquiries** phone Andrew Cooper on 01925 833164; or Julian Spencer on 01925 834928

Results will be published on Spectrum Striders' website at <http://www.spectrumstriders.org.uk>

Closing date for receipt of **postal entries:** Wednesday 12th November 2008

Entry to the run can also be given on the day but in advance is preferred

ENTRY FORM – Children In Need 2008

Surname: _____ First name: _____

Company Address (or home): _____

Postcode: _____ Day Telephone no.: _____

UKA Affiliated Club (if any): _____ email address for results _____

Date of birth _____ Male female please tick

Entry fee enclosed : £ _____

I declare that I am an amateur as defined by UKA rules. I am medically fit to take part and I accept that the organisers 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 alternatively state you will collect your number on the day