



Samantha Ayers
1 Brookside
Eaglesfield
Cockermouth
Cumbria
CA13 0SD

www.bodyfitpersonaltraining.co.uk

01900 825974

asksam@bodyfitpersonaltraining.co.uk

BodyFit 5K Race: Thursday 16th July 2009, 6.30pm

- Grasmoor Sports Centre (Cockermouth Rugby Club), Strawberry How Road
- £4 pre-entry or on the night
- Registration from 5.45pm onwards (Please note that there is a ten minute walk to the start)
- Accurately measured 5K
- Prizes for 1st, 2nd, 3rd male and female, 1st male and female V40, V45, V50, V55, V60, (etc), 1st junior male and female and a prize for the 'lantern rouge'. Prizes only given to those who stay for prize giving
- Minimum age limit: 14 years
- The race will take place on roads that will not be closed to traffic. Please wear bright and/or reflective clothing
- This is **not** an N of E AA registered event – you are responsible for your own safety and well being
- Please bring your own pins

Race Directions:

The 5K route takes the undulating loop known as 'Four Lane Ends' in a clockwise direction
Start at Strawberry How Farm (5 minute jog/10 minute walk from registration)
Run on road turning **RIGHT** at each junction
Finish is at the top of the slope leading up to the club house car park
Kilometre markers are on the road in temporary orange paint

Please take care on the roads – you are responsible for your own safety and well being.

Please send entries to the above address

I would like to enter the BodyFit 5K Race and enclose £4
(Cheques payable to '**BodyFit Personal Training**')

Full Name: _____ Date of Birth: _____

Club: _____ UKAA number: _____

Address: _____

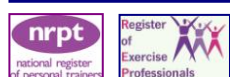
_____ Post Code: _____

Telephone: _____

E-Mail: _____

I am aware of the organiser's information and stipulations and I accept that any injury occurring to me (or a child for whom I am responsible) during the course of the race is in no way the responsibility of the race organiser.

Signed: _____ Date: _____



Race Number (office use):