



Bowdon 5k

Part of the 5k Grand Prix

An Altrincham & District AC event



The 12th Bowdon 5km Road Race

on

Thursday, 10th June 2010 at 7:15pm

from

The Stamford Arms Pub, The Firs, Bowdon, Altrincham, WA14 2TW

N.B. Registration, Parking & Presentation (no changing) are at The Stamford Arms Pub. The start/finish of the race is approximately half a mile from the pub. Please share lifts if possible as parking is limited

Run under UKA rules - License applied for - Minimum age 13 years - Accurately measured, fast 2-lap course over roads and parkland – Extensive prize list . **Race Limit 250 Runners so pre-entry ESSENTIAL**

Also this is Race 3 in Spectrum Striders and Altrincham & DACs 5-race Grand Prix (4 to count)

Race 1 Dunham Massey Pk Fri 28th May, Race 2 Hollins Green Sat 5th June, Race 3 Bowdon Thu 10th June, Race 4 Dunham Massey Pk Thu 17th June, Race 5 Lymm 15:30 Sat 26th June, see website for a series entry form

**Course Records: Men 14:30 Andy Caine,
(Tyndale, 2003) Ladies 16:33 Debra Curley
(Wigan Phoenix, 2000)**

Entry fees: £5 affiliated, £7 unaffiliated (£1 extra on the day)

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

Send entries to: Bowdon 5 Km, 34 Townfield Gardens, Townfield Road, Altrincham, WA14 4DT

Telephone enquiries: 0161 927 7401; email queries: manselpope@hotmail.com

Or visit the Altrincham & DAC website at <http://www.altrincham-athletics.co.uk>

Closing date for receipt of postal entries: 4th June 2010



Bowdon 5k - Entry Form

Surname: _____ First name: _____

Address: _____

Postcode: _____ Telephone no.: _____

UKA Affiliated Club (if any): _____ UKA Registration No: _____

Date of Birth (DD/MM/YY): _____ Male or Female: _____

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 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 you will have to pick-up your number on the day