



Bolton United Harriers & A.C.
present their SEVENTH annual

CENTRAL LANCASHIRE 5K



on behalf of the

Central Lancashire Grand Prix

Sunday, 19th February 2017

Starting at **10.00am**

Leverhulme Park, Long Lane, Bolton, BL2 6EX



UK Athletics Permit: 2017-27286

COURSE: One lap on undulating roads around and within
Leverhulme Park, incorporating a Grandstand start and finish.



Course No.: pending

CHIP-TIMED | MEMENTO

Entry Conditions

- Minimum age: 14.
- Race limit: 400.
- No entries on day if reached.

Race Conditions

- NO earphones to be worn.
- Course suitable for all levels but not wheelchairs.

More Details

- Registration at indoor track.
- Collect race chip on day.

Further info on the BUH&AC website:

Entry: £7 Affiliated or £10 Unaffiliated

IMPORTANT

Participants must realise that there are additional risks involved in endurance events, especially if there is a lack of preparation on the athlete's part. It is the participant's responsibility to ensure proper preparation, training and fitness to compete. See www.runnersmedicalresource.com for more information.

CLGP 2017 - Round 1



supported by



5K Prizes*

Cat	Men	Women
Open Age:	1st 5	1st 3
U/20:	1st	1st
O/35:	—	1st
O/40:	1st	1st
O/45:	1st	1st
O/50:	1st	1st
O/55:	1st	1st
O/60:	1st	1st
O/65:	1st	1st
O/70:	1st	—
Teams:	1st 2	1st 2
	(Teams of 3)	(Teams of 3)

*One individual prize per person. Race is in age category, except main race. All prizes at discretion of Race Organiser.

WWW.BOLTONUNITEDHARRIERS.CO.UK/CENTRAL-LANCASHIRE-5K

Mail entry form and fee to:

CENTRAL LANCASHIRE 5K
27 BEATRICE ROAD
BOLTON
BL1 3BP

Cheques payable to:

"Bolton United Harriers & AC"

No SAE required. Race details will only be sent out (by SAE) if no email is given. Collect bib and race chip on the day.

Or enter online at any of:

www.runnersworld.co.uk
www.race-results.co.uk
www.bookitzone.com
www.ukresults.net

Online entry closing date: **16th February.**

Please use
BLOCK
CAPITALS

Surname: _____ Forename: _____

Address: _____

Post Code: _____ DoB: _____ Age On Race Day: _____ Sex: M / F

Email: _____ (Please delete)

(For personal running details and further race info) **Please use BLOCK CAPITALS for your EMAIL for easy identification!**

Mobile: 0 7 _____ Phone Home or Emergency: _____ (Please delete)

UKA Club: _____ UKA Reg. No.: _____

(Affiliated Running Club)

Medical Conditions: None Known Yes: _____ Fee Enclosed: **£7 / £10**

(Please delete. If yes, in case of First Aid emergency, please indicate e.g. asthma, or allergy to a drug e.g. Penicillin)

Waiver: I am an amateur as defined by the rules of UK Athletics and agree to abide by their rules. I accept there is a level of risk in endurance running. By starting the race, I declare I am medically fit and understand the organisers and supporters will not be held responsible for any loss, injury, illness or damage which may result from my taking part. I give consent for my personal and medical details to be released by the medical team to the Race Organiser (to inform next-of-kin and statutory authorities) in the event of a medical emergency.

Signature (AND signature of parent or guardian if under 18 years of age)

Date

Admin use
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