



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

CENTRAL LANCASHIRE 5K



incorporating the
Central Lancashire Grand Prix

Sunday, 18th February 2018
Starting at **9.30am**

Leverhulme Park, Long Lane, Bolton, BL2 6EX



UK Athletics Permit: 2018-28431

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



Course No.: 16/483

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 and bib on
the day.
Further info, including
Terms & Conditions, is 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 2018 - Round 1



5K Prizes*

Cat	Men	Women
Open Age:	1st 5	1st 5
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 ⁺	—
Teams:	1st 2	1st 2

(Teams of 3) (Teams of 3)

*One individual prize per person - Open Race supercedes age category. M65+ and F60+ include higher categories dependent on competition. 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.

Subject to entry limit permitting:
Online entry closing date: **16th February.**
Postal entry closing date: **13th February.**

Or enter online at any of:

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

Please use
**BLOCK
CAPITALS**

Surname: _____ Forename: _____

Address: _____

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

Email: _____ (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: _____ (Include area code if not 01204)

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) (Affiliated Unaffiliated Please delete)

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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