



**Bolton United Harriers & A.C.**  
present their TENTH annual

# CENTRAL LANCASHIRE 5K



on behalf of the  
Central Lancashire Grand Prix

**Sunday, 17th February 2019**  
**Starting at 9:30am**

**Leverhulme Park, Long Lane, Bolton, BL2 6EX**



**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 the day if reached

### Race Conditions

No earphones to be worn  
Course suitable for all levels but  
not wheelchairs

### More Details

Registration indoor track.  
Collect race chip on day.  
More info on buh website

### ENTRY: £8 Affiliated or £10 Unaffiliated

Participants must realise that there are additional risks involved in endurance event, especially if there is a lack of preparation on the athletes part. It is the participants responsibility to ensure proper preparation, training and fitness to complete.  
www.runnersmedicalresource.com for more information.

### CLGP 2019 - Round 1



### 5k Prizes\*

Cat	Mens	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	1st
O/70:	1st	--
Teams:	1st (Team of 3)	1st (Team 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  
BL13BP

Cheques payable to:  
"Bolton United Harriers & AC"

**No SAE Required:** Race details will only be sent out if no email given by SAE only. Collect BIB and race chip on the day.

### Or enter online via:

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

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

Please use BLOCK CAPITALS

Surname: \_\_\_\_\_ Forename: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ DoB: \_\_\_\_\_ Age On Race Day: \_\_\_\_\_ Sex: M / F  
(DDMMYY) Min. Age: 14 (Please delete)

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: £8 / £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 \_\_\_\_\_