



Altrincham & District Athletic Club

Supported by the National Trust

Invite you to run



The 15th & 16th Dunham Massey Park 5km Races

on

Friday, 22nd May 2009 at 7:15pm and Friday, 12th June 2009 at 7:15pm

from

Dunham Massey Park, Charcoal Road, Dunham Town, Altrincham, WA14 4SJ

Registration, Parking, Toilets & Presentation within the grounds of the park. Registration, start/finish at Dunham Massey Hall. Please use main car park, further down Charcoal Road.

Run under UKA rules – Licenses applied for - Minimum age 13 years - Accurately measured, traffic-free 2-lap course over roads and parkland – Extensive prize list – **Race Limit 200 Runners so pre-entry ESSENTIAL**

*Also these are Races 1 and 4 in **Spectrum Striders and Altrincham & DACs 5-race Grand Prix (4 to count)***

Race 1 Dunham Massey Pk Fri 22nd May, Race 2 Hollins Green Sat 30th May, Race 3 Bowdon Thu 4th June,

Race 4 Dunham Massey Pk Fri 12th June, Race 5 Lymm 16:30 Sat 20th June, see website for a series entry form

**Course Records: Men 15:02 Gareth Raven (Sale H Mcr, 2007)
Ladies 16:45 Olivia Walwyn (City of Norwich, 2007)**

Entry fees: £4 affiliated, £6 unaffiliated (£1 extra on the day)

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

Send entries to: Dunham Massey Park 5 Km, 14 Elmwood Close, Stretford, Manchester, M32 9FD

Telephone enquiries: 07747 881047; 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: 16th May 2009 (Race 1) and 6th June 2009 (Race 2)



Dunham Massey Park 5k - Entry Form Race 1 or Race 2

Surname: _____ First name: _____

Address: _____

Postcode: _____ Telephone no.: _____

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

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

Races entered (please tick) Race 1 _____ Race 2 _____

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 organizers 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