



WOLVES AND BILSTON PRESENT THE JACK PEAKER:

Fordhouses FAST 5K

Friday 8th September at 7:00pm



Fordhouses Cricket Club, **Wobaston Road, Wolverhampton WV9 5HH.**

A 5k measured off-road race on canal towpath and pavement around Pendeford.

Prizes for first three men & women and first in each age category:

Men: 40,50,60,70, Women: 35,45,55,65 and first Boy & Girl under 20

(technical t-shirt for all finishers)

Entry Fee: Affiliated £10.00 - Unattached £12.00

On the day entries: Affiliated £12.00 (**EA ID REQUIRED**) - Unattached £14.00

This Race is held in accordance with UKA rules and Regulations.

In Accordance with UKA rules (From April 1st 2016) **NO HEADPHONES OR EARPHONES ARE PERMITTED.**

(* Race limit 250 — Race Licence Number 2017-30478 *)

Name EA reg no

Age on day of race (min age 11) M/F Date of Birth

Running Club (if applicable)

Address

..... Postcode

Tel No Email Address

Signature of parent or guardian for any entrant under 18

Please make cheque payable to Wolverhampton and Bilston A.C, and send completed entry form with appropriate fee and an A5 stamped self-addressed envelope to:
The Fordhouses Fast 5k. c/o 27 Lawn Lane, Coven, Wolverhampton WV9 5AX

Signed..... Date.....

ON - LINE ENTRIES: www.runbritain.com

Declaration: I participate in The Fordhouses Fast 5k and run entirely at my own risk and agree that the organisers will not be held responsible for any injury sustained by me or any loss or damage of property as a result of taking part.

