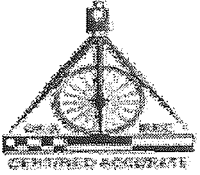


**Capenhurst Running Club
presents
CAPENHURST 10k start's at 11a.m.**

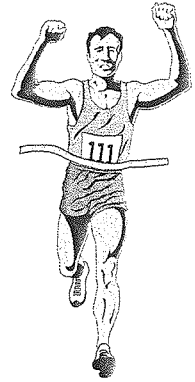
**at
Capenhurst Sports Ground
Sunday 7th June 2009**



**also
1 Mile FUN RUN starts at 10.15am
&
medals to all finishers of the Fun Run**



- **ENTRIES ON THE DAY**
- Awards to all Finishers.
- Postal Results service will be available at the cost of £1.00



PRIZES Race Winner £50 Marks & Spencer voucher

1st MALE 1st Vet 0/40, 1st Vet 0/50
1st FEMALE 1st Vet 0/35, 1st Vet 0/40

Race entries to;--- Race Sec- 8 Wenlock Gardens, Great Sutton, Ellesmere Port . CH66 2QZ.
Closing date ---- 2nd June 2009.
Race Limit 250
Please enclose 9 x 4 S.A.E or NO ENTRY
Limited on entry's on the day

www.capenhurstc.co.uk

AGE Club-

Club Runner £7.00 Non-Club Runner £9.00

North England Registration Number

Male Male Vet 0/40 Male Vet 0/50
 Female Female Vet 0/35 Female Vet 0/40

tel ; -----

I understand that the organisers will be in no way responsible for any injury, illness, or loss of property incurred as a result of the event and I will abide by the UKA rules.

Fun Run £1.00
No Age Limit
Fun Run can enter on the Day

Parent/Guardian Signature

NO S.A.E NO ENTRY

entrant must be at least 16 years on the day of the race

Total amount enclosed; £.
cheques payable to - Capenhurst Running Club