



Ellesmere 5k Trail Race

Held under uka (License applied for)
Sunday 15^h August 2010
Start 11am

Venue: The Mere, Ellesmere by kind permission of Shropshire Council

Course: Very Flat, Fast pathways, trails, tarmac, grass **“No roads”**

Awards: Men and Women and 1st in all age groups kindly provided by Tesco Ellesmere
(Minimum age of race entry 12)

Kids 1 mile fun run to commence @ 1015 hrs Free entry

Fees: £5 Club £7 Unattached payable to ‘Trismart’.
Entries accepted on the day if space/limits permits

Send entry with 9”x 6” S.A.E for acceptance and race number
To: Nick Thomas 6 Berwyn View Ellesmere SY12 0DZ
Tel: 07970624305

.....
Please accept my race entry for Ellesmere 5k Trail Race on 15th August 2010

Name:.....Age on Race Day:.....

Address:

.....

Postcode:.....

Tel No:.....

Email.....

D.O.B.:.....Gender male/female.....

.UKA Club (if any):......uka/tra urn number.....

I have enclosed fee of £5.00/£7.00 payable to “Trismart”.

An entry should be made by individuals who are fit to take part in this event; who have no health problems that might give rise to problems during or after the event.

I accept that the organisers are not responsible for any loss or damage to my property and that I run at my own risk and agree to abide by clubs and uka rules.

Signed:..... Date:.....

Results will be on our website shortly after the race Trismart.org.uk