



Colemere 5K Trail Race

Held under UKA (licence gained)

Sunday 26th September 2010

Start 11am

Venue: Colemere Country Heritage Site by kind permission of Shropshire Council

Awards: 1st 3 Men and Women and 1st in all age groups kindly provided by Tesco Ellesmere

(Minimum age of main race entry 12)

Kids 1 mile fun run to commence @10-15, free entry on day

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 entry for the Colemere 5K Trail Race on Sun 26th September 2010

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

Address:

.....

Postcode:.....Tel No:.....

Email.....

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

UKA.Club (if any):.....

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 UKA rules.

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

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