



# PIE AND PEAS ` FIVE `



ORGANISED BY **VALE ROYAL AC** UNDER UKA RULES

[www.valeroyalathleticclub.co.uk](http://www.valeroyalathleticclub.co.uk)

**A 5 MILE MULTI-TERRAIN UNDULATING 1 LAP COURSE (on the new course used last 2 years)**  
**RACE LICENCE NO: 2013 - 9242**

## Sponsors:



[www.corwoodwindowcleaning.co.uk](http://www.corwoodwindowcleaning.co.uk)



[www.rosebank-sports.co.uk](http://www.rosebank-sports.co.uk)



[www.westbrookcarpetsandlaminates.co.uk](http://www.westbrookcarpetsandlaminates.co.uk)

## WEDNESDAY 7th AUGUST 2013 AT 7:30PM

START and FINISH on the playing fields near to:-  
THE LION PUB, 74 MAIN ROAD, MOULTON, CW9 8PB (BETWEEN NORTHWICH & WINSFORD)

### PRIZES (One per Individual)

Male & Female
Open 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> and 1 <sup>st</sup> Unattached* 1 <sup>st</sup> : U20, V35, V40, V45, V50, V55, V60+ 1 <sup>st</sup> Team (4 to count – 1 <sup>st</sup> claim only)

\*1<sup>st</sup> Male & Female unattached runners will be given 1 year's free membership to Vale Royal AC

## PIE AND PEAS SUPPER TO ALL ENTRANTS

(Vegetarian Option Available)

**ENTRY FEES: £10.00 UKA attached £12.00 unattached**



Enter On Line with

Direct Link to form:

[www.ukforms.net/onlineforms/php/Applicant.php?EventID=2226](http://www.ukforms.net/onlineforms/php/Applicant.php?EventID=2226)

Postal entries will also be accepted (see below)

**Entries on the night - £2 extra & subject to race limit of 300**

**MINIMUM AGE – FIFTEEN ON THE NIGHT**

**ALL NUMBERS TO BE COLLECTED ON THE NIGHT (at the Lion)**

**Race Director: Mike Harrington**

**Info for Postal Entries (Must be Received by Saturday Aug 3<sup>rd</sup>):**

If unable to enter on line please send full name, gender, date of birth, address, telephone, email, club/reg no (if appropriate), vegetarian option (if required) along with cheque payable to 'Vale Royal AC' to: VRAC, Amber House, Hollow Lane, Kingsley, Frodsham, WA6 8ES

Postal Entries MUST also include medical and emergency contact details (see website)