

Spa Striders Ryton 5

Thursday 23rd May 2019 at 7:30pm
Ryton Pools Country Park, Coventry CV8 3BH



- ◆ 2nd Race in the 2019 Warwickshire Road Race League Series
- ◆ 5 miles accurately measured course on mostly flat unsealed paths
- ◆ Free car park entry for runners and supporters ◆ Café open for refreshments ◆ Spot Prizes

- ◆ Entries on night only ◆ Registration closes 7:10pm ◆ Race limit 350 Licence No: 2019-35901
Entry priority will be given to WRRL athletes
- ◆ Fees: £6 EA club members (Club vest or EA card for proof); £8 unaffiliated (if spaces left)
- ◆ Please bring correct money or make cheques payable to Spa Striders RC

Print off completed section below & bring with entry fee on the night

Race Conditions:

1. This race is run under UKA & WRRL rules. Instructions for the safety of runners and supporters must be complied with.
2. Entries will only be accepted on the day until **7:10 pm** up to the maximum number of entrants.
3. Entrants must be 17 years or over on race day.
4. By entering, you give permission for the use of your name & photo in any promotion of this event.
5. The wearing of any device or headphones in the ears is strictly prohibited and will result in disqualification.
6. E-mail addresses will only be used for Spa Striders and WRRL purposes. Please cross the box if you **do not** want to receive any e-mails from Spa Striders or the WRRL.
7. You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, club affiliation, race times, and age category

Name	
Gender (M/F).....	Date of Birth
Age on 23/05/2019.....	
UKA Club	EA Number
Telephone.....	Email Address.....
Emergency contact name	Telephone

I declare that I am medically fit to run and that I compete entirely at my own risk. I accept that the organisers will not be liable for any accident, injury, loss, damage, action, claim or cost of expenses that may arise as a consequence of my participation in this event.

Signed Date

Official Use only:

Race Number:

