

MANSFIELD HARRIERS AND ATHLETIC CLUB

AUTUMN OPEN 5K ROAD RACE

Friday 4th September 2009 at Berry Hill Park
Start 7-00 pm

Includes

Mansfield Business House and Mansfield Fitness Club Challenges
(Aggregate time of first 3 runners from a local business or Fitness Club)

Min age 14 on day of race

Awards

1st, 2nd and 3rd male and female - £50, £30 and £20

Age group prizes to

1st M40, M50 and M60 1st F35, F45 and F55 1st U'17 male and female
(one prize only per runner)

Sponsored by Mansfield Building Society
Supported by Ridgeway Textiles

FREE SUPPER TO ALL RUNNERS

Accurately measured course.

Permit applied for

Entry Fee £5 club runner and £7 unattached Entry on the day additional £2
£1 discount to runners who competed in the Mansfield Half Marathon
Cheques payable to Mansfield Harriers AC

Entries to: Open 5K, 6 Santon Road, Forest Town, Mansfield, NG19 0PR

Postal entries close on Wed 2nd Sept 2009. Race numbers to be collected on the night

Entry Form Mansfield Open 5K

Name		Age group	M / F	Half Marathon Race No
Athletics club/ Business/ Fitness club		Date of birth		

DECLARATION

I declare that I am medically fit to take part in this event and I agree that the organisers shall not be liable for any injury, illness or loss of property as a result of my participation in this race.

Signature

(Parent or guardian if under 18)

Date

www.mansfield-harriers.org