



ENTRY FORM: RUN THE BRIDGE 12 APRIL 2009

Full Name

Address

Post Code Contact Number.....

Email address.....

* Date of Birth / / Age on race day

Male / Female (delete as appropriate)

Club Runner: Yes / No (delete as appropriate)

Club Name

England Athletics Licence Number (for reduced fee).....

All Club Runners MUST wear their club vests.

Best Time for 5 Miles Mins Sec

Wheelchair/ Assisted Runner Entry Yes/ No (delete as appropriate)

LAST DATE FOR RECEIPT OF POSTAL ENTIERES 3rd April 2009

Disclaimer

I declare that I am an amateur as certified by the UK Athletics Laws. I certify that I am medically fit to run and understand I do so at my own risk and that the organisers will not be in anyway responsible for any loss, damage, injury or illness sustained as a result of taking part in this event. I also understand that in the event of the race being cancelled that no refund will be given on the day. In the event of the race being cancelled the organisers will endeavour to re-arrange the event at the earliest convenient date possible. I agreed to be bound by the UK Athletic Rules. All club runners must wear their club gear if representing their team as per UKA rules.

If you do not wish us to contact with future race information by email, please tick this box

Signature Date

*** Minimum age of entry is 15 years.**

Entry fees: Club Runners: £7.50 - £8.00 on the day. Non Club: £9.50 - £10.00 on the day

Cheques /Postal Orders payable to: Halton Borough Council

Do NOT send an SAE - Post to:

Promotion & Tourism, The Heath Business & Technical Park,
Heath Road South, Runcorn, Cheshire WA7 4QX

HALTON AND HALE ROAD RACE COMMITTEE PRESENT



**Easter Sunday
12 April 2009**
Start Time: 9.30 am prompt
Postal Closing Date: 3rd April 2009
Entries will be accepted on the day with payment of late fee.

Entry fees:

Club Runners: £7.50 - £8.00 on the day
Non Club Runners: £9.50 - £10.00 on the day

**Cheques/Postal Orders payable to:
"Halton Borough Council"**

Promotion & Tourism, The Heath Business & Technical Park,
Heath Road South, Runcorn, Cheshire WA7 4QX

Phone: 01928 516118 / 516117

Email: run.halton@halton.gov.uk

Entry forms can also be obtained via our web site

www.runhalton.co.uk

Part of entry fee will be donated to Macmillan Cancer Support



**WE ARE
MACMILLAN.
CANCER SUPPORT**



Information at www.runhalton.co.uk or www.visithalton.com

Prizes for

1st/2nd/3rd Male

1st/2nd/3rd Female

(Trophies & Prizes)

Trophies to all Vets Sections

1st Male Vets 40+ 45+ 50+ 55+ 60+ 65+ 70+

1st Female Vets 35+ 40+ 45+ 50+ 55+ 60+ 65+

Wheelchair and Assisted Runners

Memento for all entries

The Halton and Hale Road Race Committee are now organising the 9th successive Halton 5 Mile Road Race across the famous Silver Jubilee Bridge. Now well established in the annual calendar of road races in the North of England, the race is on a flat course from Runcorn Railway Station to Hale Park.

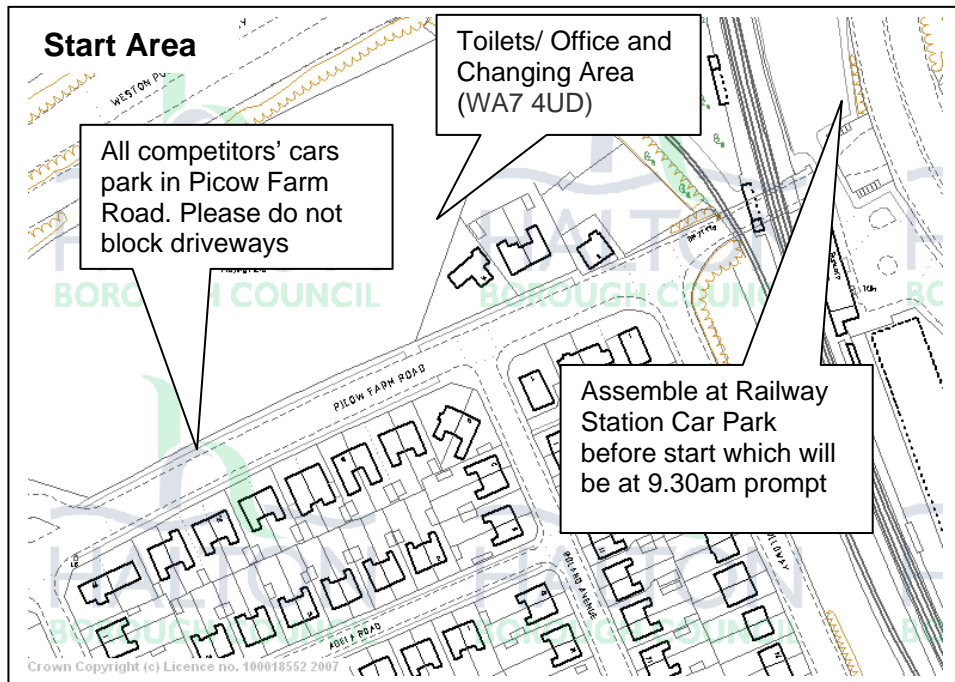
It's not just serious competitors who enter, everyone from serious club runners to those who just run for fun have entered in the past. The finishing time for the last runner in 2008 was over 1 hour 16 minutes, so everyone can enter, no matter what experience you have.

Where does it start?

The Race starts at Runcorn Railway Station. Parking facilities and changing rooms are available on Picow Farm Road, underneath the Railway Station. The Late Entry office will also be on Picow Farm Road. There will also be a baggage van if you are being met at the finish so all your clothes can be picked up.

Where does it finish?

The race ends in the historic Hale Park, where refreshments and toilet facilities are available. There is a shuttle bus to get everyone back to the start area to pick up their cars if needed.



Is there a nominated Charity?

Part of your entry fee will go towards Macmillan Cancer Support. If you want to raise more money for Macmillan you can download a sponsorship form from our website www.runhalton.co.uk If you want to run for your own charity, that's OK too. You will still be doing your bit for Macmillan through your entry fee.



What if I Need Help?

Along the route there are various points where we position marshals and radio controls. We also employ trained first aid staffs who have been associated with the race for many years.

Running on Roads? Isn't that dangerous?

We spend most of your entry fee on making the event as safe as possible. Closing roads and putting traffic management in place to ensure the safety of the runners is essential. We also employ the police to ensure the safety of the runners at the start area and across the bridge.

