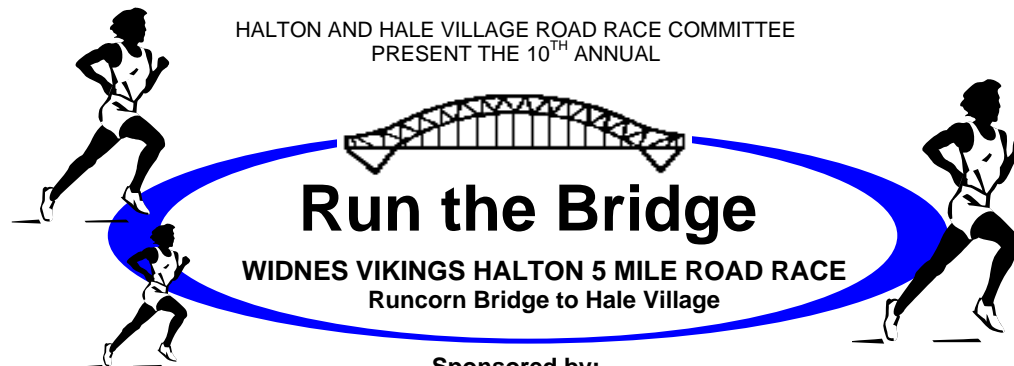




HALTON AND HALE VILLAGE ROAD RACE COMMITTEE
PRESENT THE 10TH ANNUAL



Run the Bridge

WIDNES VIKINGS HALTON 5 MILE ROAD RACE
Runcorn Bridge to Hale Village

Sponsored by:

Widnes Vikings, Halton Borough Council & Hale Parish Council

Easter Sunday 4 April 2010

Start Time: 9.30 am prompt

Postal Closing Date: 19th March 2010

Entries will be accepted before 8.30m on the day of the race on payment of late entry fee

Full Name

Address

Post Code

Contact Number.....Email

* Date of Birth / / Age on race day

Male / Female (delete as appropriate) Team Entry (name)

Club Runner: Yes / No (delete as appropriate)

Club Name

All Club Runners MUST wear their club vests.

National Association Registration Number

Best Time for 5 Miles Mins Sec

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

LAST DATE FOR RECEIPT OF POSTAL ENTRIES 19th MARCH 2010

Disclaimer: I declare that I am an amateur as certified by the UK Athletics Rules.

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 colours if representing their team as per UKA rules.

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

Signature Date

**Entrants under the age of 18 need parental consent to take part. Please sign below:

Name of Parent/Guardian.....

Signature Parent/Guardian..... Date

*** Minimum age for 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:

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

Please use an A5 envelope or smaller and ensure you use the correct postage.



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

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

Phone: 01928 516118 / 516117

Email: runhalton@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



WIDNES VIKINGS



**WE ARE
MACMILLAN.
CANCER SUPPORT**



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



Trophies & Prizes

1st/2nd/3rd Male
1st/2nd/3rd Female

Trophies

1st Local Male
1st Local Female

1st Team Male – First 3 to finish
1st Team Female



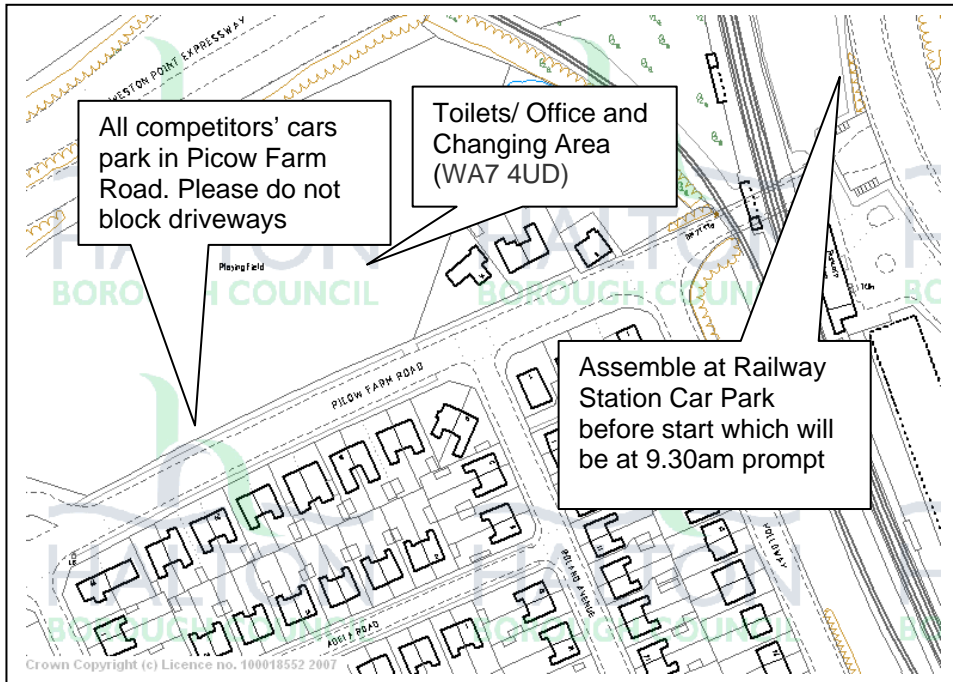
Trophies

1st Male Vets 40+ 45+ 50+ 55+ 60+ 65+ 70+ 75+
1st Female Vets 35+ 40+ 45+ 50+ 55+ 60+ 65+ 70+

Wheelchair and Assisted Runners

Memento for all entries

Start Area



The Halton and Hale Road Race Committee are now organising the 10th 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 paved 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 2009 was over 1 hour 17 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. There is **no parking in Hale** so please ask any friends/relatives to make alternative arrangements.

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.

Team entries

All club runners will be entered in their club team. If you are not part of an official running club but would like to enter as a team please state this on this entry form ensuring all team members use exactly the same name.

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 staff 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.

