

WIGAN PHOENIX

www.wiganphoenix.org.uk

THE 3 SISTERS COUNTRY PARK 5K

(UNDER UK ATHLETICS RULES PERMIT No 2014-11646)

KINDLY SPONSORED BY SWEATSHOP

WEDNESDAY 11th JUNE 2014 AT 7.30PM

REGISTRATION: 3 SISTERS, 3 SISTERS ROAD, BRYN, ASHTON-IN-MAKERFIELD. WN4 8DD

FLAT, FAST, TRAFFIC FREE COURSE ALL WITHIN THE PARK – MAP ON REVERSE

RUNNERS OF ALL STANDARDS WELCOME

*******PRIZES!*******

First 5 men

First men's team (4 to count)

1st/2nd male vet over 40/45/50/55/60/65

1st male junior (Under 20)

First 3 ladies

1st ladies' team (3 to count)

1st/2nd lady vet over 35/40/45/50/55/ 60

1st female junior (Under 20)

Free results on the night – NB: No changing or shower facilities.

ENTRY FEES (Minimum age 15)

Pre-entries: £4 per race (£6 unattached) (£1 extra on the night)

Cheques payable to Wigan Phoenix

Postal entries to: Paul Carroll

21 Pilgrims Way, Standish, Wigan
WN6 0AJ

Send 9 x 6 SAE or collect on night
07950 074173 (evening/week-end)
paul.carroll@wiganphoenix.org.uk

3 Sisters 5k: Wed 11th June

Name_____M/F_____D.O.B._____Age_____

Address_____

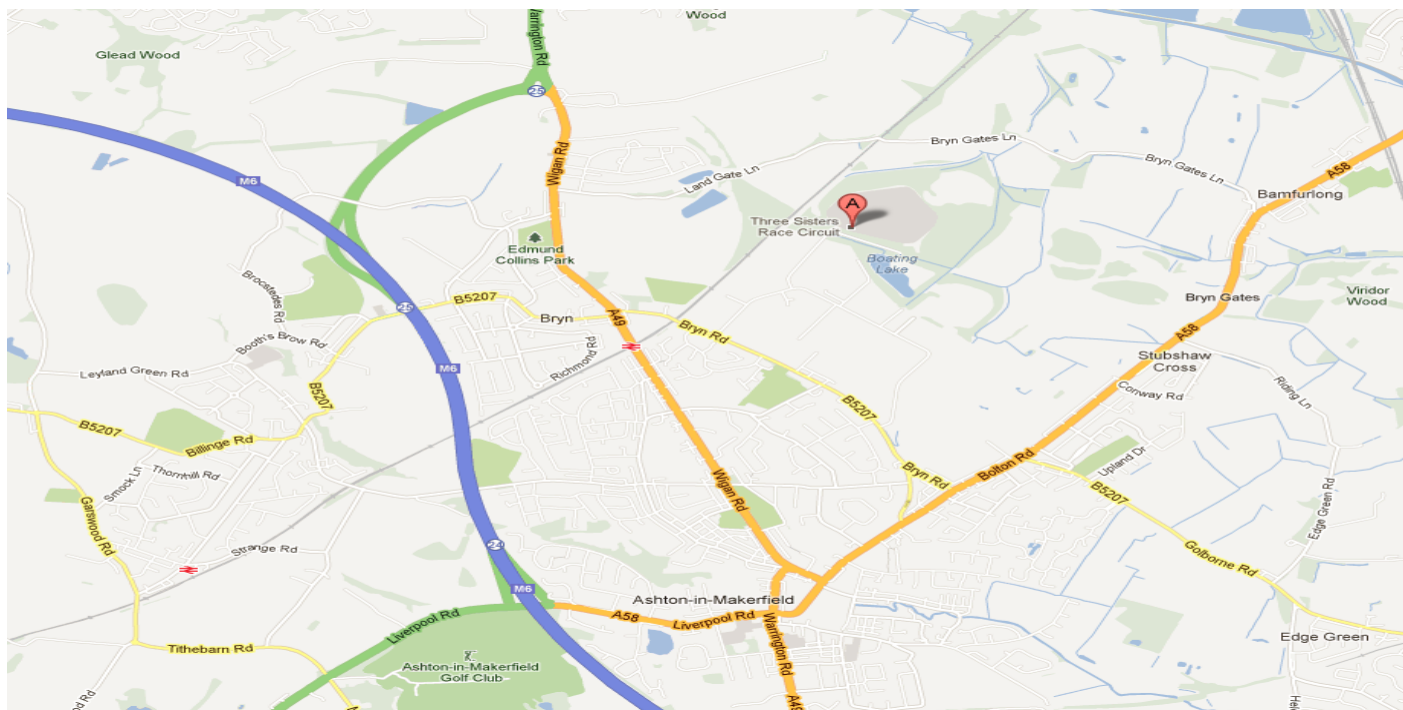
_____Postcode_____

UKA Club_____UKA Reg No._____

I am an amateur as defined by UKA laws and rules. I agree to participate entirely at my own risk. I declare that I am medically fit to run & agree to be bound by the UKA rules.

Signed_____

LOCATION and COURSE MAP



THREE SISTERS 5K

