

<p>Max 300 Runners</p> <p>Follow us on Facebook</p>		<p>Race No.</p>
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<b>Fee Paid</b>	Guide/Leader - Free	Voucher - Free	<b>£4</b>	<b>£6</b>
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<b>First Name</b>		<b>Date of Birth</b>	<b>dd/mm/yy</b>	All Runners <b>MUST</b> be over 11. No Exceptions
<b>Surname</b>			/ /	

Tel No.	Mobile No.	<b>Prizes</b>  <b>£15 for 1st M &amp; W</b>  <b>For each Race</b>
Address		
Address	Post Code	<b>Grand Prix Award</b>  <b>For completion of 5 out of 6 races</b>
Emergency Contact	Emergency Contact No.	

Category - Women	WU20 - SW - W40 - W50 - W60 - W70
Category - Men	MU20 - SM - M40 - M50 - M60 - M70

Affiliated Club		England Athletics Reg No.		<b>Results</b>
<b>£4 Fee for Affiliated Runner - £6 Fee for Non Affiliated</b>				Results will be available on the Website and posted on Facebook <a href="http://www.seasideruns.com">www.seasideruns.com</a>
E Mail Address				

<p><b>Declaration</b> - I 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, any club affiliation, race times, occupation and age category."</p>	<b>Runners Hub</b>
<p><b>Also</b> - I understand that the Club, Event Organisers, Wirral Borough Council or anyone associated with the race will in no way be held responsible for any injury or illness, or loss or damage to my personal property before, during or after the event. I am medically fit to run and compete in this race</p>	Thank you to our sponsors, the Runners Hub in Heswall - <a href="https://www.therunnershub.net/">https://www.therunnershub.net/</a>

<b>Signed</b>		<b>Date</b>	
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<b>League Prizes</b>
The first 25 runners in each race and each age category will receive points for a league table - 25 points for 1st, 24 for 2nd and 23 for 3rd etc
Age Categories are calculated on your age in the FIRST race of the Series
The categories are WU20, SW, WO40, WO50, WO60, W O70 & MU20, SM, M040, MO50, M060 , MO70
The Top 2 Runners in each Category will receive an award

The Wirral Seaside Runs are Organised by Pensby Runners - <a href="http://www.pensbyrunners.co.uk">www.pensbyrunners.co.uk</a>
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