



# Alexandra Park 5k Women's Series

*Every first Sunday of the month -10am start*

**+ Circuit training sessions on all other Sundays of the month at Alexandra Park, 10am**

1 mile Taster run for novices and under 13s available also starting at 10am prompt

Email: [AlexandraPark5k@openathletics.org](mailto:AlexandraPark5k@openathletics.org) [www.openathletics.org/5k-women-series](http://www.openathletics.org/5k-women-series)  
Tel. 07709000436

Entry Fees: £3 runners affiliated to England Athletics, £5 unattached, £2 concessions (unwaged, senior citizens, under 18s – proof of concession required)  
Registration on the day or online pre-entry



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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone/ e-mail \_\_\_\_\_

Affiliated to England Athletics: Yes No

Club: \_\_\_\_\_

Membership Number: \_\_\_\_\_

Category	Age on race day	
40-50	50-60	60-70
70-80	80- +	

How did you find out about this race series? \_\_\_\_\_

I am medically fit and accept that the organizers shall not be liable in the event of loss, damage injury or illness to my person as a result of taking part in the run.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact number: \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone/ e-mail \_\_\_\_\_

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