

Shrewsbury Athletic Club

and

THE NATIONAL TRUST



www.shrewsburyac.org.uk

PRESENT

Mad Jack's 5



National Trust

<http://www.nationaltrust.org.uk/attingham-park/>

**Multi-terrain Course of Approximately 5 Miles at
National Trust's picturesque Attingham Park SY4 4TP.**
(Please note: a short section of the course requires runners to run/wade through 0.5m of water)
Race results will be available at <http://shropshirerunnersnetwork.blogspot.co.uk/>

SATURDAY 10th NOVEMBER 2018 11am Start

- ✿ Free family admission to the Park & Grounds for up to two adults and three children with each entry made prior to 11am. After 11am normal admission rules apply
- ✿ Prizes in all the usual categories
- ✿ Medal for all finishers
- ✿ Entry Fees: Pre-entry £10.00 UKA affiliated
Pre-entry £12.00 UKA unaffiliated
Entries on the day £15.00 for all runners (subject to availability). See website for further information.
Entries and Results Online at www.runbritain.com
If entering by post, please send a C5 SAE for return of number
- ✿ Postal entries close on Thursday 1st November 2018
- ✿ Entry Limit of 550 entries, if entry limit is reached, notice will be displayed on the club website
- ✿ All enquiries to Kevin Francis (07809207007)
- ✿ Please refer to information for competitors if you need to transfer or postpone your entry
- ✿ A race held under UKA rules, licence applied for.

Kindly sponsored by
Rybrook BMW, Shrewsbury; Up & Running, Shrewsbury; Cotswold Outdoor Ltd.



<http://www.rybrookshrewsburybmw.co.uk/>



<http://community.cotswoldoutdoor.com/stores/shrewsbury/>



<http://www.upandrunning.co.uk/shrewsbury>

Minimum Age on Race Day – 16 years	
Full Name:	Date of Birth:
Address: (appropriate)	Male/Female (Delete as appropriate)
Postcode:	Telephone:
Club:	Affiliation No (required for £2 reduction)
e-mail address:	
Signature:	
<small>By signing this form I agree that I have read, understood and agree to the information in the Information for competitors (available at http://shropshirerunnersnetwork.blogspot.co.uk/)</small>	

I declare that I will abide by the laws and rules of UK athletics. I am not under the minimum age to compete in this event. I accept that neither the race director nor any persons involved in the organisation of the event will be liable for any loss, damage, action, claim, costs or expenses that may arise in consequence of my participation in this event, however such may be caused. I declare that I will not compete in this race unless I am in good health on the day of the race and that in any event, I will only compete at my own risk. Advice on preparing for a running event can be found on the 'Runners Medical Resource' website at: <http://www.runnersmedicalresource.com/>

THE ORGANISERS CANNOT BE HELD RESPONSIBLE FOR ANY EXPENSES INCURRED IN THE UNLIKELY EVENT OF THE CANCELLATION OR POSTPONEMENT OF THE MAD JACK'S '5' (ATTINGHAM PARK) EVENT.

Please make cheques payable to: 'Shrewsbury Athletic Club'.

Send Entry Form, SAE (C5) and Cheque to: Andy Lewis, 88, Meole Rise, Shrewsbury. SY3 9JE