

Shrewsbury Athletic Club

and

THE NATIONAL TRUST



www.shrewsburyac.org.uk

PRESENT

Mad Jack's 5



<http://www.nationaltrust.org.uk/atingham-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: <https://www.avtiming.com/results> and

<http://www.shrewsburyac.org.uk/our-races/mad-jacks-5/>

SATURDAY 5th NOVEMBER 2022 10:30am Start

This year's race will use 'Chip Timing'

- ✿ Free family admission to the Park & Grounds for up to two adults and three children with each entry made prior to 10:30am. After 10:30am normal admission rules apply
- ✿ Prizes in all the usual categories (see information for runners document for further information)
- ✿ Entry Fees: Pre-entry £12.00 UKA affiliated
Pre-entry £14.00 UKA unaffiliated
Entries on the day £16.00 for all runners (subject to availability).
Entries and Results Online at <https://www.avtiming.com/mjs>

Numbers to be collected from the registration area on race day

- ✿ Postal entries close on Thursday 3rd November 2022
- ✿ Entry Limit of 550 entries (check at <https://www.avtiming.com/mjs> for available places)
- ✿ Registration enquiries to avtimingstaffs@gmail.com; Race/Course enquiries to Kevin Francis (07809207007)
- ✿ Please refer to information for runners document if you need to transfer or postpone your entry
- ✿ A race held under UKA rules, licence applied for

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Minimum Age on Race Day – 16 years	
Full Name:	Date of Birth:
Address:	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' (ATINGHAM PARK) EVENT.

Please make cheques payable to: 'AV Timing'.

Send Entry Form and Cheque to: AV Timing, 46, Sutton Avenue, Newcastle, Staffs. ST5 6TB