



# Striders of Croydon

**SWITCHBACK 5 SUNDAY 30th September 2018 @ 10:30am**

**A 5 mile multi-terrain race around Lloyd Park and Addington Hills**

Please send completed form to:  
Cheques payable to 'Striders of Croydon'

Race Secretary  
1 Queenswood Avenue  
Wallington  
SM6 8HW

Closing date by post – 24th September 2018

Email: [mickeyturn@yahoo.co.uk](mailto:mickeyturn@yahoo.co.uk)

**On line entry at Eventbrite** <https://tinyurl.com/y72abnyt>  
or follow the links on [www.stridersofcroydon.org.uk](http://www.stridersofcroydon.org.uk)

In Advance/On The Day: £6.00/£8.00 UKA affiliated £8.00/£10.00 unaffiliated

Prizes for the winners of the men's and women's races. Trophies for places, male and female teams (3 to score) and winners of M40, M50, M60 and F35, F45, F55 cats

**NOTE: NO NUMBERS WILL BE MAILED OUT. PLEASE PICK NUMBER UP ON THE DAY FROM OUR SANDILANDS CLUBHOUSE (CR0 5DB) – 5 MINS JOG FROM START.**

**Event HQ will be open from 8 a.m. on Race Day.**

From East Croydon Stn take any eastbound tram or 119,194,198,466 bus to Sandilands

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|                           |            |
|---------------------------|------------|
| SURNAME (Capitals please) | FIRST NAME |
|---------------------------|------------|

|                                 |                    |                         |  |
|---------------------------------|--------------------|-------------------------|--|
| Affiliated UKA Club             |                    | UKA reg. No. (if known) |  |
| SEX M/F (Delete as appropriate) | Age on day of race | DOB                     |  |
| Address                         |                    |                         |  |
| Email address :                 |                    | Contact Tel. No         |  |

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|---|--|
| <p>I am of minimum age. 16, to run in the event entered and declare that I am an amateur as defined by UKA and agree to abide by the current laws and rules of competition of UKA. I am medically fit to run and do so entirely at my own risk. I agree not to hold the promoting body and its associates responsible in any way for injury or loss as a result of my participation in this event.</p> <p>You 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 name, any club affiliation, race times and age category</p> <p>Signed _____ Date _____</p> |  |
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|-------------|
| Race Number |
|-------------|