



# Striders of Croydon

**SWITCHBACK 5 SUNDAY 29th September 2019 @ 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 – 23rd September 2019

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

**On line entry at Eventbrite or via [www.stridersofcroydon.org.uk](http://www.stridersofcroydon.org.uk)**

In Advance: £8.00 UKA affiliated club members

£10.00 unaffiliated

On the Day: £10.00 UKA affiliated club members

£12.00 unaffiliated

**On the Day entries close at 10.00 a.m.**

*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 male V40, V50, V60 and female V35, V45, V55 categories*

**NOTE: NO NUMBERS WILL BE MAILED OUT. PLEASE PICK NUMBER UP ON THE DAY FROM OUR SANDILANDS CLUBHOUSE (CRO 5DB) – 5 MINS JOG FROM START. Event HQ will be open from 8 a.m. on Race Day.**

From East Croydon take east bound tram or 119,194,198,466 bus to Sandilands Tram

SURNAME (Capitals please)	FIRST NAME
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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	
How did you hear about the Switchback?			

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.

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 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, club affiliation, race times and age category.

Signed

Date

Race Number