



# Striders of Croydon AC

## SWITCHBACK 5

SUNDAY 25th September 2011 @ 10:30am

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

Great views and great value. FREE tea and cake for all finishers

Please send completed form to:  
Cheques payable to 'Striders of Croydon'  
Closing date by post – 19th September 2011  
Email: [mickeyturn@yahoo.co.uk](mailto:mickeyturn@yahoo.co.uk)  
Web Address: [www.stridersofcroydon.co.uk](http://www.stridersofcroydon.co.uk)

Race Secretary  
107 Selsdon Park Road  
South Croydon  
Surrey  
CR2 8JJ

In Advance: £5.00 UKA affiliated club members      £7.00 unaffiliated  
On the Day: £7.00 affiliated      £9.00 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 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.**  
From East Croydon Station take any east bound tram or a 119,194,198,466 bus to Sandilands Tram Stop.

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.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Race Number