

# CLEEVE 5K ROAD RELAYS



FESTIVAL OF RUNNING

Incorporating

ENGLAND ATHLETICS : SOUTH WEST REGION Championships

+ AVON County CHAMPIONSHIPS

## 25<sup>th</sup> AUGUST 2019

11am Start

Cleeve Cricket Club, Main Rd, Cleeve, BS49 4PP



Starts in the flat, beautifully managed King George V playing fields in Cleeve and is run on quiet country roads and footpaths in the Claverham and Cleeve area on a relatively flat course with one small climb

Teams: 4 x Men / 3 x Ladies & MV50, MV60, 3 x Parkrun Team  
Categories: Seniors, MV40, MV50, MV60 FV35, FV45, FV55  
Distance: 5km per Leg  
Prizes: OPEN Team Awards + 1<sup>ST</sup> 5 Parkrun Teams of 3  
SOUTH WEST REGION Medals  
Avon AAA County Boxed Medals  
Fastest Lap Recognition Gifts All Categories  
  
Course Records £25 (Male/Female)  
Ollie Fox - Wells City Harriers (15:28) & Jenny Spink - Bristol & West AC (17:13)



Team Entry fee : £20 Men/£15 Ladies (£5 per person)

Cheques made payable to 'Cleeve Relays'

FREE CAMPING (BASIC)

email:

[stuart@Cofresh.com](mailto:stuart@Cofresh.com)



<https://www.facebook.com/pg/AvonCountyRelays>



Refreshments, Sandwiches, Cake Stall , Bar Open!

OUR PARTNERS

**Howards Toyota** [www.howardsgroup.co.uk](http://www.howardsgroup.co.uk)

Herluin Way, Weston-super-Mare BS23 3YN

**Tel: 01934 427100**

## RELAY RACE ENTRY FORM:

Club/Team Name: \_\_\_\_\_

Captain Name: \_\_\_\_\_

Team Members Names: \_\_\_\_\_

Leg1 \_\_\_\_\_

Leg2 \_\_\_\_\_

Leg3 \_\_\_\_\_

Leg4 \_\_\_\_\_

Category: \_\_\_\_\_

Address: \_\_\_\_\_

Tel No: \_\_\_\_\_

Email: \_\_\_\_\_

Declaration: I contract with the race organisers to enter my team in the Avon Athletic Association 5k Road Relay Championships. I am aware that this race is not fully supported by marshals throughout the entire course and involves following some directional signs and that the event has limited first aid or medical assistance due to the low risk nature of this event. I accept full responsibility and liability for each runner or individual that participates in, or is otherwise associated with, any team entered on this application form and will not hold the race organisers, stewards, assistants, Avon County Athletic Association or any running club liable or responsible for any injury or loss incurred as a result of participation in or preparation for this event.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Pre -entries to: Stuart Hancock & Kate Britten (Race Organisers),  
Cadbury Farm, 29 Cadbury Farm Road, Yatton, BS49 4HW [stuart@Cofresh.com](mailto:stuart@Cofresh.com)