



Middleton Harriers Jack Roy Middleton 10K

(formerly Moonraker)

Sponsored By: Up & Running

Sunday 4th September 2016

Start 9:30am

Bowlee Country Park, Heywood Old Rd (A6045)
Middleton M24 4SD

Prizes for 1st, 2nd, 3rd Male and Female
1st in all age categories & excellent team prizes
Commemorative gift to all finishers

8K Road and 2K park-path (not suitable for wheelchair racing)
CHANGING-PARKING-RERESHMENTS-PLAY AREA

Entry: £11.40 unattached

£9.40 Club runners

Online entry only at

www.bookitzone.com

Contact: Adrian Bowcock adechaz@fsmail.net
Visit <http://middletonharriers.jimdo.com>
ARC Licence Applied for under ARC Rules
Course Certified Accurate



Shoes, Clothing, equipment and
advice for running and gym:
www.upandrunning.co.uk

UP & RUNNING

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