



SALFORD



Measured Fast

*Two Lap
Course*

*Under U.K.A
Laws*

Permit No Applied for

Course Records:

Dave Lewis, 29.32

Lauren Howarth 32.33

10Km



GOOD FRIDAY BANK HOLIDAY 18th April 2014

START TIME: 10.00 a m

Salford Sports Village Littleton Road Lower Kersal Salford M7 3NQ

Changing and Showers - Limited Car Parking

Commemorative Gift to all finishers

CASH PRIZES TO FIRST THREE MEN AND WOMEN + £100 for breaking course record



1st 6 Men • 1st 6 Ladies



1 Vets 0/40 0/45 0/50 0/55 0/60 0/65 0/70 • Ladies 1st Vets 0/35 0/40 0/45 0/50 0/55 0/60 0/65

1st Male and Female Senior Teams 3 to count • 1st Male & Female Vets Teams 3 to count

1st Male & Female Junior

Entrance Fee – U.K.A Runners £12.00 Unattached £14.00 Entry on Day £2.00 extra
Cheques/PO payable to ‘Salford Harriers’

To: Race Secretary 6 The Spur, Oldham, Grtr Manchester OL8 2NR

email:- Paul Cachelin-Stephens C/o salfordharriers@hotmail.co.uk

Postal Closing Date 7th April 2014 – numbers to be collected at Registration

(due to course constraints, finish timing only)

ON LINE ENTRY via www.bookitzone.com. Results following the event at www.ukresults.net

ENTRY FORM

Name Male/Female

Address Date of Birth

..... Age on Day of Race

..... E-mail Address

Club Team entries tick Male: Vet: Ladies:

REG No.....

Minimum Age 15 years

Declaration: I am an amateur as defined by UK Athletics Rules. I am medically fit to take part. I agree that the organizers and/or sponsors shall not be responsible for any loss, accident or injury (or loss/damage to property) arising from my participation in this event.

Signed.....

Date.....