



Astley & Tyldesley Roadrunners presents



GIN PIT 5

5 mile trail race

Run under UKA rules – Permit No. Applied for

Sunday 9th October 2016

Venue & registration:

Miners Welfare Club, Gin Pit Village, Ley Road, Tyldesley, Manchester, M29 7DW

Start Time: 11.00am

STRICT RACE LIMIT IS 250 – QUALITY T-SHIRT TO EVERY FINISHER

Prize List: 1st 3 Men & 1st 3 ladies, 1st Teams (3 to count) Men & ladies

1st U/20 Vet 40, 45, 50, 55, 60, over 65 Men

1st U/20 Vet 35, 40, 45, 50, 55 over 60 Ladies

If a vet wins one of first three prizes, then the next vet in **same** category is promoted

Course Record - £50.00

Current course records: Male: Peter Riley 24.27 May 2004 Female: Olivia Walwyn 28.29 April 2009

Main Race Entry Fees: £9.00 UKA attached. £11.00 Unattached. **(£1.00 extra on the day)**

Cheques payable to **Astley & Tyldesley Roadrunners**

ENTRIES TO: Gin Pit 5, Gary Stevens, 24 Highfield Avenue, Atherton, Manchester, M46 9LU

All postal entries to be collected on the day

Closing Date for postal entries: Monday 3rd October

Email: stevensgary@hotmail.com

Enter online at: www.ukresults.net

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Gin Pit 5 Entry Form

Forename.....Surname.....M/F.....D.O.B.....

Age on Race Day (Minimum age 15 for 5 mile race).....

Running Club / Unattached..... UKA Reg No.....

Address.....

..... Postcode.....

E-mail..... Tel

I am an amateur as defined by UK Athletics rules. I am medically fit to take part. I agree that the organisers / 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.....

Race No.

(Must be signed by parent or guardian if competitor is aged under 18)



From www.ukresults.net

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Please ensure that if you are collecting race numbers or registering on the day that you are there well before the start time.

The race starts at 11.00 prompt

Please ensure that you do not park illegally or inconsiderately – there will be car parking attendants that will guide you to safe parking zones. Please do not park and block the main roads

Any illegally parked cars may be subject to Police cautions.

Prizes will be given after the results have been published approx. 12.30pm in the Welfare Club.

“Come and join us after the race for a drink in the Welfare Club to see the presentation.”

The course is generally fast but there is a testing climb at the end of each lap.

The trails are normally good so race trainers should be OK but if in the event of heavy rain you may want to consider other more suitable footwear.

There will be ample parking and changing facilities will be available before and after the race.

Gin Pit 5 - Course Map

The race starts half way up the hill and it is 1 x small loop (black arrows)
Followed by 2 x large loops (blue arrows)

