



MANCHESTER YMCA HARRIERS

5 MILE TRAIL RACE

Sunday 14th September 2014 @ 10am

Country Park Walkden Salford - Sat Nav M28 3TD



Salford City Council



Race on paths all within the confines of the park
Parking located near to the park awards to all finishers
Prizes to 1st 3 men/women and 1st Vet M40 M50 M60
F35 F45 F55 (1 Prize per entrant)
Licence applied for. Race limit 250
Regret not suitable for wheelchair athletes

Race entries to: Jon Paramor 4 Landkey Close Northern Moor Manchester M23 0FW
Postal closing date: 31st August 2014. Please enclose S.A.E 9x4 for number and directions
for further information contact Jon Paramor 07821721553 or Steve Symons at
www.manyharrier.co.uk or ssymons.ymcablackleachrun@o2.co.uk

twitter @ManYMCAHarriers

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Part of The Central Lancs Grand Prix Series <http://centrallancsgp.weebly.com/>

NOTE: We do not have exclusive use of the paths within the Park. Members of the public also have the right to use the paths so please respect their needs.

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Blackleach Country Park Walkden Salford Sunday 14th September 2014 @ 10am

Are you a Yclub Member YES / NO Where did you hear about the race?.....

FIRST NAME.....SURNAME.....

ADDRESS.....

.....

POST CODE.....e-mail address.....

SEX M F D.O.B.....CONTACT NO.....

AGE ON RACE DAY (MINIMUM AGE 18).....

UKA Club if applicable.....

UKA Registration Number.....

Entry Fee (please tick) £8.00 Affiliated

£10.00 Unaffiliated

Entries on Race Day-provided Race limit of 250 not reached - plus £2.00

Cheques made payable to: **Manchester YMCA Harriers**

I do not wish to receive details of Sweatshop offers

DECLARATION

I will abide by the laws of the UKA. I accept that the organisers will not be liable for any loss, damage, action, claim, costs or expenses that may arise in consequence of my participation in this event. I declare that I will not compete in this race unless I am in good health on the day and that, in any event, I will only compete at my own risk. The details on this form will be held on computer for the purposes of this race.

Signed.....Date.....



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