



Swinton Running Club
Anniversary
 1976 - 2016

The Swinton 10

Mile Road Race

Part of the Central Lancashire Grand Prix Series

Sunday 25th September 2016, Start Time: 9:30am

Registration only at
 Swinton FC Clubhouse, Barton Road, Swinton, M27 5LJ.

Car parking available only at
 Springwood Primary School, Barton Road, Swinton, M27 5LP.

Special 40th Anniversary Medal to all finishers

We have commissioned a special medal for our races this year, celebrating the Club's creation and roots in 1976

*Prizes awarded for the first five men and women
 First male and female in all veteran categories
 First team male and female (three to count)
 1 prize per runner, except team prize*

Car Parking, Hot Drinks and Toilet facilities available.

First Aid, Accurate Mile Markers.

Sorry, the course is not suitable for wheelchair athletes.

Computerised results available on the day.

Route details available on www.swintonrunningclub.org.uk.

Entries on the day up to race limit if available, limit 300 Entries.

For safety reasons the use of ALL headphones ARE BANNED from our races.

Entries to: Swinton Running Club, 33 Newtown Street, Prestwich, Manchester. M25 1HU.

CLOSING DATE FOR POSTAL ENTRIES: 20th September, 2016

Online entries available at



Please collect all race numbers on the day

The Swinton 2016 10 Mile Road Race

First Name: _____ Surname: _____

Address: _____

Postcode: _____

Phone Number: _____ Email Address: _____

Male: Female: Age on Race Day (Min Age 17): _____ Date of Birth: _____

Affiliated Club: _____ UKA Number: _____

Fee Enclosed: Affiliated £10.00 Unattached £12.00 (Entries on the day £2.00 extra)

Cheques payable to Swinton Running Club

I declare that I am an amateur as defined by UKA Rules, and I am in good health.

I agree not to wear any type of headphones or other similar devices.

The organisers shall not be liable for any loss, damage, actions, costs or expenses which I may suffer as a result of participating in this event.

Signed: _____ Date: _____

(Parent or Guardian of runners under 18 years of age)

