



Swinton Running Club Presents

The 24th City of Salford

Women's 5.25 Mile Run

Sunday 30th November 2014, Start Time: 10:30am

Registration only at

Swinton FC Clubhouse, Barton Road, Swinton, M27 5LJ.

Car parking available only at

Springwood Primary School, Barton Road, Swinton, M27 5LP.

Toilet facilities available at Registration, Swinton FC Clubhouse.

Hot Drinks available.

First Aid, Accurate Mile Markers.

Sorry, the course is not suitable for wheelchair athletes.

Computerised results available on the day.

For safety reasons the use of IPODs and MP3 players are **NOT** permitted.

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

Entries on the day up to race limit if available, limit 400 Entries.

Registration for entries on the day will close promptly at 10:15, after this time no entries will be accepted

*Mementoes to all finishers
Prizes awarded for the first five.
First veteran in all categories
First team (four to count)
1 prize per runner, except team prize*

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

CLOSING DATE FOR POSTAL ENTRIES: 26th November, 2014

Online entries available at



Please collect all race numbers on the day

City of Salford Women's 5.25 Mile Run - Ladies Only

First Name: _____ Surname: _____

Address: _____

Postcode: _____

Phone Number: _____ Email Address: _____

Age on Race Day (Min Age 16): _____ Date of Birth: _____

Affiliated Club: _____ UKA Number: _____

Fee Enclosed: Affiliated £7.00 Unattached £9.00 (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, and agree not to wear earphones or other devices which may restrict my hearing, causing potential danger to myself and others.

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)

Kindly supported by

