

Blue Bell Trail

Plus Blue Bell HOT POT to all finishers

All proceeds in aid of Holts Christie Appeal

App'x 3.5mile around Manchester's newest Green Flag park

SUNDAY 5th SEPTEMBER 2010

START TIME 11.15 am

PLUS

2K Fun Run

START 10.30 AM



**Permit No. Applied for
Under UK Athletics Rules**

Promoted by Salford Harriers & AC

Registration at the Bluebell Hotel, Moston Lane, M40 5AF

Start Broadhurst Park, St Mary's Road, Moston M40 0FT

First Aid - Manchester Medical Services

MIN PRIZES dependent on entries

First 3 Male & First 3 F/male

Vets categories

Goody bag to all 2K Fun Runners

ENTRY FEE: Trail £4.00 (u/a £6.00) Fun Run £2.00

Entries on Day £1 extra

Cheques payable to Salford Harriers

To: R Warrender 717 Moston Lane, Moston, Manchester M40 5QD (Closing date 30th August 2010)

e-mail : running-ronnie@hotmail.com

On Line Entries and Results following the event: www.ukresults.net

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.

ADDRESS

PRINT NAME

SIGNED

Post Code

Tel:

AAA Club

England Athletics Registration No.

U/A

Please tick category – Trail Run – Minimum Age 15 yrs

Please tick category – Fun Run

Senior Men O/40 O/50 O/60
Senior Women O/35 O/45 O/55

Boys Age Girls Age

PLEASE ENCLOSE SAE 9" X 6" FOR NUMBER (Larger envelopes will be surcharged by the Post Office)

If you would like further details on Salford Harriers please tick the box