



**SALFORD HARRIERS & AC**  
*Present their 19th*

# SALFORD 5K ROAD RACE

ACCURATELY MEASURED 5K UNDER UKA LAWS 97/014

Race Permit No. 2010-100515

**ALSO AN UNDER 17 3K ROAD RACE**

**FIRST RACE OF FIVE REEBOK SPONSORED  
CITY OF MANCHESTER PARKS ROAD RACE GRAND PRIX**

Races on a Traffic-Free Course inside Heaton Park Prestwich Manchester

## Saturday 8 May 2010

**Start 11.30 am Under 17 – 11.00 am**

**Start/Finish at the Grand Lodge Entrance, off A665 Bury Old Road  
Prizes**

First 5 Individuals and First team of 3 (Male/Female & Vets) plus category prizes.  
Under 17 3K Awards 1<sup>st</sup> three in each group U17, U15 & U13 **as on 31/08/2010**

***First Aid - Manchester Medical Services***

**RACE SPONSORED BY Reebok**

**£6.00 (Club Runners deduct £2.00)**

**3K £2.00**

**Entries on the day £1 extra**

**Cheques payable to 'SALFORD HARRIERS'**

Closing date for postal entries 03/05/08

To: Mr S Curran 86 Glenwood Drive Middleton Manchester M24 2TW (0161 654 8712)

On Line Entries and Results following the event: [www.ukresults.net](http://www.ukresults.net)

No Changing Facilities available at the Park

**IMPORTANT:** Please tick to indicate which race you wish to be entered for - 5K ..... 3K.....

Name.....	Male/Female.....
Address.....	Date of Birth.....
.....	Age on Day of Race.....
CLUB.....	Registration No.....

**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.

Signed .....

Date.....

Please enclose 9" x 6" S.A.E. for Race No. and Details  
**(Larger envelopes will be surcharged by Post Office)**