

SALFORD HARRIERS & AC



(Founded 5th March 1884)

Affiliated to the NoEAA, NCWAA, ELCCA, LCCA

SALFORD



Measured Fast

Two Lap

Course

Under U.K.A

Laws

Permit No Applied for

Course Records:

Dave Lewis, 29.32

Tracey Morris 33.22

10K m



Supported with a 2km Fun Run starting at 11.00 am

Entrance fee: £2.00

GOOD FRIDAY BANK HOLIDAY 2nd April 2010

START TIME: 10.00 a m

Salford Sports Village Littleton Road Salford M7 3AP

Changing and Showers - Limited Car Parking

Commemorative Gift to all finishers

CASH PRIZES TO FIRST THREE MEN AND WOMEN + £100 for breaking course record

1st 6 Men • 1st 6 Ladies

1st Vets 0/40 0/45 0/50 0/55 0/60 0/65 0/70 • Ladies 1st Vets 0/35 0/40 0/45 0/50 0/55 0/60 0/65

1st Male Team 3 to count • 1st Vets Team 3 to count • 1st Ladies Team 3 to count

Entrance Fee – U.K.A Runners £8.00 Unattached £10.00 Entry on Day £2.00 extra

Cheques/PO payable to 'Salford Harriers'

To: Race Secretary 5 Springwood Avenue Chadderton Oldham OL9 9RR email:- hilbob.inch@talktalk.net

Postal Closing Date 29th March 2010 – entries received later to be collected at Registration

ON LINE ENTRY and Results following the event: www.ukresults.net

ENTRY FORM

Name Male/Female

Address Date of Birth

..... Age on Day of Race

..... E-mail Address

Club Team entries tick Male: Vet: Ladies:

REG No.....

Minimum Age 15 years

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 SAE 9" x 6" for Race No. and details (larger envelopes will be surcharged by Post Office)