The 5th Swinton 10 Mile Road Race

Part of the Central Lancashire Grand Prix Series

Sunday 28th September 2014, 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.

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.
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.

> *Mementoes to all finishers*
> *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*

Entries to: Swinton Running Club, 33 Newtown Street, Prestwich, Manchester. M25 1HU.
CLOSING DATE FOR POSTAL ENTRIES: 24th September, 2014

Online entries available at

BookitZone.com
List, Search & Enter Events Online...

bookitzone.com

Please collect all race numbers on the day

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The Swinton 2014 10 Mile Road Race

First Name: _____   Surname: _____

Address: _____

_____   Postcode: _____

Phone Number: _____   Email Address: _____

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

Affiliated Club: _____   UKA Number: _____

Fee Enclosed: Affiliated £8.00 Unattached £10.00 (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)