

30th Royal Manchester Children's Hospital HALF MARATHON

UK:A Permit No: 10424

13.1 miles of glorious Salford scenery!

Sponsored by:



Supported by:



Race HQ: Grosvenor Road School, Swinton, Salford. M27 5LN

Sunday September 28th 2008 at 8.30am

Extensive Prize List - First 5 Male & Female ♦ ALL Veteran Cats ♦ 1st Team- Male & Female (3 to Count). Prizes may be increased depending on number of entries. (1 Prize per runner excl. team prizes).

Trophies- 1st Male & Female ♦ Race Completion Limit 2.5 Hours ♦ First Aid ♦ Accurate Mile Markers ♦

Our apologies - Course not suitable for wheelchair athletes ♦ Computerised results available on the day
The use of MP3 type players and similar items will be discouraged at this event for safety reasons.

Course Records: Male 68:49 Ken Chapman (Salford Harriers) Female: 74:39 Sarah Wilkinson (Salford Harriers)

Quality Memento to ALL finishers.

Entries: £10 (£8 UKA Affiliated Club Members)

Last Date for Postal Entries: Sept 20th 2008 Entries on the day +£2 (Race Limit 500)

Online Entries available at: www.race-results.co.uk

Course Details: www.swintonrunningclub.co.uk

Entry Form: RMCH Half Marathon

First Name: Second Name:

Male: Female: Age on Race Day (Min 17 years): D.O.B:

Club (if Any): Your UKA No:

Address in full:

Postal Code:

Tel No: e-mail:

Fee enclosed: £

I declare that I am amateur as defined by UKA rules and I am in good health. 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:

Return form to: Ian Thomas, 7 Coverdale Close, Fairfield Gardens, Platt Bridge, Wigan. WN2 5EN
with a 9"x5 Self Addressed Envelope. Cheques/PO payable to Swinton Running Club