



Start/ Finish in the Athletics Stadium,

Crossford Bridge Off Danefield Road Sale M33 7WR

A 5miles Multi terrain course of road, path, trail and grass,
run on a fast, enjoyable and scenic Mersey Valley course.

All other races around the Crossford Bridge Athletics Fields.

Parking, showers, toilets, food & drinks

Prizes for 5 mile Race

£100 Cash Bonus for 1st sub 25min Men & 28min Women

First 3 individuals, Men & Women.

First Teams of 3 Men's & Women's Teams

First Veteran's category prizes.

Many spot prizes. A Race Memento to all Finishers.

CORPORATE TEAM CHALLENGE

3 to count Men & Women Team Prizes

First 3 individual Men & Women

First Small Company Team : Division 1; under 10 employees

First Medium Company Team: Division 2; 10 to 50 employees

First Large Company Team : Division 3; over 50 employees

First Local Team M33

Open to all company/ group teams including education, health care, local authority, other sporting clubs or family teams etc

YOUNG ATHLETES

Under 11 1.5K: 1st 3; Boy & Girl, + School & Club Team

Under 13 & 15 2K 1st 3; Boy & Girl + School & Club Team

Under 17 & 19 3K 1st 3; Man & Woman + School & Club

CHESHIRE ORGANICS Catering Van for burgers, bacon & sausage butty's, pasta, flapjacks, hot and cold drinks etc

SHOE ADVICE from a Sports Specialist

Supported by **Sale Town Festival**, **RunningWiseDR**,
Reebok, **A Sale Harriers Manchester Promotion**



RunningWiseDR



SALE FESTIVAL FIVE

Saturday 14th June 2008

A 5 Miles Multi-terrain Race plus races
for Corporate Team Challenge, family & Young
Athletes. Under UK Athletics Rules : Permit # 10416



UNDER 9 & 11 Boys & Girls 1500mtrs Race 11.15am

UNDER 13 & 15 Boys & Girls 2000mtrs Race 11.30am

UNDER 17 & 19 Men & Women 3000mtrs race 11.45am

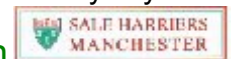
Corporate Team Challenge + FAMILY 4000mtrs Race 12.00pm

Sale Festival Five Mile Multi-terrain/ Trail Race 12.30pm

At Crossford Bridge Athletics Facility, off Dane Rd, Sale

Part of the Sale Town Festival Celebrations a Real Family Day Out

A Sale Harriers Manchester Promotion



RunningWiseDR for DR Running Services

Helping you achieve your fitness, running, training & racing goals



RunningWiseDR



Name:		Tel No.	
UKA Club:		Email (adult only)	
Corporate Team Name:		Date of Birth:	
School or College Name:		Age on Race Day	
ADDRESS		E.A. Licence No	
Post Code	ENTRY FEE PAID £ _____	Male <input type="checkbox"/>	Female <input type="checkbox"/>
RACE ENTERED	VETERAN AGE	Non Athletic	
Under 9 & 11's <input type="checkbox"/>	Over 40 <input type="checkbox"/>	Teams, Family, Business	
Under 13 & 15's <input type="checkbox"/>	Over 45 <input type="checkbox"/>	Organization etc	
Under 17 & 19's <input type="checkbox"/>	Over 50 <input type="checkbox"/>	Size of Company	
Corporate Race and family race <input type="checkbox"/>	Over 55 <input type="checkbox"/>	Division 1 Family & <input type="checkbox"/>	
Festival Five <input type="checkbox"/>	Over 60 <input type="checkbox"/>	Under 10 employees <input type="checkbox"/>	
Young Athletes Ages as of 01/09/08	Veterans Age groups as of age on Race Day	Division 2 <input type="checkbox"/>	
		10 - 50 employees <input type="checkbox"/>	
		Division 3 <input type="checkbox"/>	
		50 plus employees <input type="checkbox"/>	

I am an amateur as defined by UK Athletics Rules and declare that I am medically fit to take part. I agree that the organizers and/or sponsors shall not be responsible for any loss, damage, accident or injury arising from my participation in this event.

Also Parent or Guardian signature for Under 17's.....

Signed _____ Date..... Minimum age 15 for 5mile race

RaceNumber

Event and Race details:

Young Athletes Races: Ages as of 01/09/08

Veterans age groups : ages as of on Race Day

Please tick the correct boxes for age group, sex and company size.

Please with the Race Director if you require clarification

runningwise@ntlworld.com www.runningwisedr.co.uk

For race details www.saleharriersmanchester.com

Results will be available after each race or from www.race-results.co.uk

Also online entry at www.race-results.co.uk

Entry Fees :

Sale Festival Five : £5.00 each UKA Club runners : £7.00 Unattached

Corporate/ family 4K Race: £4.00 each:

£1.00 extra on the day race entries *see group discounts *

Young Athletes Races : £2.00 each : Ages as at 01/09/2008

* Group Pre entry Discounts for School, College, Club, Company or Family Teams of 3: See the special Team form £2.00 discount per team

Postal entry, cheques / postal order (no cash) made payable to: *Sale Harriers Manchester.*

Send Entries to:

Sale Festival Five, Dave Rodgers, RunningWiseDR, 7 Bryndale Grove Sale M33 4EQ. Postal Closing date 9/6/2008 or Online 12/6/2008

Please enclose a 23cm x 16cm S.A.E for race Number & details, otherwise collect number on the day. No under stamped entries collected from P.O.

Please allow sufficient time to park, collect your number and to get to the start line on time.



Supported by Sale Town Festival,  RunningWiseDR