



# 1st Swinton 10 Mile Road Race

Replacing the popular Swinton Half Marathon

Run under UKA Rules, Permit applied for.

Sunday 26th September 2010, Start Time: 9:30am

Registration

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 reason the use of IPODs and MP3 players are NOT permitted.

Route details available on [www.swintonrunningclub.co.uk](http://www.swintonrunningclub.co.uk).

Entries on the day up to race limit if available, limit 500 Entries.

Donation from race proceeds will be made to the Christie Hospital Appeal.

*Mementoes to all finishers  
Prizes awarded for the first five men and women  
First male veteran 40, 45, 50, 55, 60 and 65+  
First female veteran 35, 40, 45, 50, 55 and 60+  
First team male and female (three to count)  
1 prize per runner, except team prize*

Entries (including max size A5 SAE) to: Ian Thomas, 7 Coverdale Close, Platt Bridge, Wigan. WN2 5EN.  
or online at

**SportSoft**  
On Line Entries

**UK**  
results

**RUNNERSWORLD**

[www.race-results.co.uk](http://www.race-results.co.uk) [www.ukresults.net](http://www.ukresults.net) [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

CLOSING DATE FOR POSTAL ENTRIES: 20th September, 2010

## SWINTON 10

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. 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: \_\_\_\_\_

