

8th Bollington Nostalgia Hill Race

Registered FRA BM Race

11.00am Sunday 8th July 2012

Bridgend Centre, 104, Palmerston Street, Bollington, SK10 5PW

A 11.4km (7.1 mile) run, multi-terrain on road, pasture, high moorland (372m/1200ft climb) and canal towpath in the beautiful countryside around Bollington. Age 18 and over only. Suggested preferred footwear: trail running shoes.

Course partially marked and marshalled.

Prizes for winners in categories: M, L, MV and LV 40, 50, 60, 70 and Team (3 to count)

Entry fees for runners: £6.00 in advance £7.00 on the day

Proceeds in aid of Bridgend Centre, formerly Bollington Drop-In Centre (Registered Charity no. 1123287)

Any individual or group is welcome to run in aid of a charity of their choice and fancy dress costumes can be worn for those mad enough!



Registration is from 10.00am. The race starts at 11.00am. 10.00am to 2.00pm: 'Open Day' at the Bridgend Centre, where refreshments and sandwiches will be available.

Presentations to the winners will be at approximately 12.30pm.

Registration, toilets and drinks at the Centre

For postal entries send SAE, entry form and cheques made payable to **Bridgend Centre** at above address

Further information on 01625 576311 or ann@bridgendcentre.org.uk

Entry Form: Bollington Nostalgia Race, Sunday 8th July 2012

Name (Please print)..... Age

Address..... Age on Jan 1st **18-40** >**40** (Vet)
..... >**50** (Vet) >**60** (Vet) >**70** (Vet)
..... **Male** **Female**

Post Code.....

Club or Team Name

Email **Race number:**
(will be used only for Nostalgia Race emailing) (for organisers to fill in)

Telephone

How did you hear about the race? Running mag
Internet Club Email Newspaper Other Specify

Declaration: I am medically fit to run and accept that I compete in this race entirely at my own risk, and that the organisers shall not be held liable for any accident, injury or loss as a consequence of my participation. I will abide by FRA rules and obey the marshal's instructions.

I will register with the organisers that I have returned, even if I do not complete the course.

Signed:

Date