



Bolton United Harriers & A.C.
present their annual



BOLTON 10K

Sunday, 22nd April 2012
Starting at 10am

Leverhulme Park, Long Lane, Bolton, BL2 6EB

NEW COURSE...on undulating roads around and within Leverhulme Park, incorporating a Grandstand start and finish.



UK Athletics Permit: 2012-103428

AND ONE MILE FUN-RUN

Starting at 9am



Course No.: 11/333

Tech T-Shirts to all 10K finishers

10K Race Info

Entry Fees:

£10 Affiliated

£12 Unaffiliated

NO ENTRIES ON DAY

Entries non-transferable

No refunds or deferrals

Minimum age: 15

Race limit 750

Fun-Run Info

Entry Fees:

£4 Pre-entry

£5 Entry on the day

More Details

www.bolton10k.co.uk



Results by Race-Chip Timing

www.bolton10k.co.uk

Medals to all Fun-Run finishers

Sponsored by:



Supported by:



10K Prizes*

Cat	Men	Women
Open Age:	1st 10	1st 5
U/20:	1st	1st
O/35:	—	1st 2
O/40:	1st 2	1st 2
O/45:	1st 2	1st 2
O/50:	1st 2	1st
O/55:	1st	1st
O/60:	1st	—
Teams:	1st 2 (Teams of 4)	1st 2 (Teams of 3)

*One individual prize per person. Race is in age category, except main race. All prizes at discretion of Race Organising Committee.

Mail entry form and fee to:

BOLTON 10K
214 BRADSHAW MEADOWS
BRADSHAW
BOLTON
BL2 4NE

Cheques payable to:

"Bolton United Harriers & AC"

Postal entry closing date: 16th April.

No SAE required. Race details available by email and website, and will only be sent out (by SAE) if no email is provided.

Race chip and number to be collected on the day from Leverhulme (indoor track).

Or enter online at any of:

www.runnersworld.co.uk
www.ukresults.net
www.race-results.co.uk

Online entry closing date: 19th April.

Please use
BLOCK
CAPITALS

Surname: _____ Forename: _____

Address: _____

Post Code: _____ DoB: _____ Age On Race Day: _____ Sex: M / F
(DD/MM/YYYY) Min. Age: 15 (Please delete)

Email: _____
(For personal running details and further race info)

Phone: _____ Mobile: _____
(Include area code if not 01204) (To receive a FREE personal text result)

UKA Club: _____ UKA Reg. No.: _____
(Affiliated Running Club)

Medical Conditions: None Known / Yes: _____
(Please delete. If yes, in case of First Aid emergency, please indicate e.g. asthma, or allergy to a drug e.g. Penicillin)

Waiver: I am an amateur as defined by the rules of UK Athletics and agree to abide by their rules. I am medically fit and understand the organisers/sponsors will not be held responsible for any loss, injury, illness or damage which may result from my taking part.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age _____ Date _____

Race & Fee Enclosed: 10K / 10K / Fun / Affiliated / Unaffiliated / Run / £10 / £12 / £4
(Please delete)

Preferred T-Shirt Size: S / M / L / XL
(Please delete)

Admin use
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