



The 3rd Swinton 10 Mile Road Race

Part of the Central Lancashire Grand Prix Series

Sunday 30th September 2012, Start Time: 9:30am

Registration only at

Swinton FC Clubhouse, Barton Road, Swinton, M27 5LJ.

Car parking available only at

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.

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

Mementoes to all finishers
Prizes awarded for the first five men and women
First male in all veteran categories
First female in all veteran categories
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



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

CLOSING DATE FOR POSTAL ENTRIES: 24th September, 2012

The Swinton 10 Mile Road Race

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, and agree not to wear earphones or other devices which may restrict my hearing, causing potential danger to myself and others.

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: _____

(Parent or Guardian of runners under 18 years of age)

Supported by

