



Swinton Running Club Presents **The 22nd City of Salford Women's 5.25 Mile Run**

Sunday 25th November 2012, Start Time: 10:30am

Registration only at
Swinton FC Clubhouse, Barton Road, Swinton, M27 5LJ.

Car parking available only at
Springwood Primary School, Barton Road, Swinton, M27 5LP.

Toilet facilities available at Registration, Swinton FC Clubhouse.

Hot Drinks available.

First Aid, Accurate Mile Markers.

Sorry, the course is not suitable for wheelchair athletes.

Computerised results available on the day.

For safety reasons 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.
First veteran in all categories
First team (four to count)
1 prize per runner, except team prize*

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

SportSoft
On Line Entries



RUNNER'S WORLD

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

CLOSING DATE FOR POSTAL ENTRIES: 19th November 2012

City of Salford Women's 5.25 Mile Run - Ladies Only

First Name: _____ Surname: _____

Address: _____

Postcode: _____

Phone Number: _____ Email Address: _____

Age on Race Day (Min Age 16): _____ Date of Birth: _____

Affiliated Club: _____ UKA Number: _____

Fee Enclosed: Affiliated £7.00 Unattached £9.00 (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

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