

After 6 years its BACK!

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# Muddy Bottoms

**An off road run or walk**

**On Sunday 28<sup>th</sup> March 2010**

**From Bamber Bridge Leisure Centre**

**Start 09.00 for 9 mile & 17 mile**

Choose from approx. 17 or 9 mile courses

This event is mainly on tracks and fields

**tonybolton**sports

**You may get very Muddy!**

**Race Limited to 150**

Easy to follow route instructions and map provided

Entry Fee £10 Attached £12 Unattached (both Distances)

Online at [www.shoestringresults.com](http://www.shoestringresults.com)

Price includes Lunch at the Finish and event Tee Shirt. Showers and changing rooms available. Closing date 21 March 2010 Entries on the £2 Extra if limit not reached. You may enter singly but, as with any off road event, the organisers would prefer you to enter in teams of 2 or more as you will be running/walking in some remote areas.

Send S.A.E to: Steve Ashcroft, 36 Brook Place, Preston PR2 1TE  
Cheques/P.O payable to "Road Races Muddy Bottoms"

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Name.....Age.....  
Address.....  
.....Post Code.....  
Tele.....Club.....  
17 Mile    9 Mile ( Please Circle which event)

Please enter me for the muddy bottoms run/walk. I understand that I am entering entirely at my own risk and will not hold organisers responsible for any injury or loss suffered as a result of my participation.

*I also understand that I will get very wet and muddy.*

Signed.....Date.....