

10K

The 10k will start and finish at Leigh Harriers Athletics Track. Leaving the venue and going into Pennington Flash Country Park where you will run along the trails before returning to the Leigh Sports Village.

Half Marathon

The Half Marathon will be over a two lap course. Starting and finishing at the Leigh Harriers Athletics Track. You will go along the trails within Pennington Flash Country Park before returning to the finish.

For anyone who is preparing for the Virgin London Marathon or a Spring Marathon this is an ideal opportunity to run this distance under race conditions.

Please check the weather conditions and ensure you wear the appropriate footwear. The trails can become muddy in parts if raining or uneven if dry.

Main Awards Prize List

- First 3 men and women in both the 10k and Half Marathon.
- T shirt to all finishers of the 10k and Half Marathon.

Parking

There will be parking available at the Leigh Sports Village. Information will be sent out to all participants.

Start Times

- Half Marathon: 9.30am
- 10K: 9.40am

Run for Mum!

As this is Mothering Sunday why not 'Run For Mum' and raise funds for your chosen charity?

How To Enter

- You can enter online at:

www.sportstoursinternational.co.uk/running/Pennington-Flash-10k-and-Half-Marathon

- You can complete the attached entry form and post it with your cheque to the address overleaf.

For all enquiries please call us on **0161 703 5806**
or email graham@sportstoursinternational.co.uk

park inn
Leigh

W I G A N
LEISURE & CULTURE
T R U S T

wishfm
102.4

Run the FLASH

10K or Half Marathon



*Approximate distances



Pennington Flash Trail Races

Sunday 3rd April 2011

Venue: Start & finish Leigh Sports Village

“If you're running London or a Spring Marathon, why not use this as part of your training?”

Run For Your Charity

Although it is not compulsory to run for charity, many people choose to do so.

Please find below the nominated charities. If you wish to run and support any of the below please tick the box against your choice on the application form and a sponsorship form will be forwarded accordingly.

For more information on the charities visit the website:

www.sportstoursinternational.co.uk/charity and follow the link to all nominated charities.



The Christie

As one of Europe's leading cancer centres, The Christie has an exceptional reputation for patient care. We are counting on the public's support to help us transform cancer services for more than 40,000 patients every year. Please join our team and get behind us!

Contact name: Jenny Haskey

Email: events@christies.org

Phone: 0161 446 3400

www.christies.org



Macmillan Cancer Support

Macmillan Cancer Support improves the lives of people affected by cancer. We provide practical, medical and financial support and push for better cancer care. Cancer affects us all.

Contact name: Jen Harden

Email: jharden@macmillan.org.uk

Phone: 01925 846 740

www.macmillan.org.uk/greatermanchester



Rathbone

Rathbone is a national organisation giving young people who are experiencing significant disadvantages the right opportunities to learn and achieve. Every year more than 17,000 young people join us. Help us make a difference to their lives by choosing Rathbone as your chosen charity.

Contact name: Michele Black

Email: michele.black@rathboneuk.org

Phone: 0161 236 5358

www.rathboneuk.org



Wigan & Leigh Disability Partnership

Wigan & Leigh Disability Partnership are based at the Leigh Sports Village. Although they are not a registered charity, they do a great deal of fundraising for the various charities with whom they deal. Therefore, if you choose to run for Wigan & Leigh Disability then all monies will be paid over to the central fund & distributed to the charities as decided by the partnership.

Contact name: Sue Mortimer

Email: thedisabilitypartnership@yahoo.co.uk

Phone: 01942 487 865

www.wigan.gov.uk/Services/HealthSocialCare

Entry Form



Entry Fees

10K £14 Club Runner / £16 Unattached (inc. chip timing)

Half Marathon £18 Club Runner / £20 Unattached (inc. chip timing)

No entries on the day - Closing date for entries 27th March 2011

Please fill in this entry form in **BLOCK CAPITALS**, detach and return to:

Sports Tours International, 91 Walkden Road, Manchester, M28 7BQ.

Tel : **0161 703 5806** email: graham@sportstoursinternational.co.uk

Please make cheques made payable to: Sports Tours International Ltd.

Please note that the course is not suitable for wheelchair athletes. Licence Number: 4756

I would like to enter the following Pennington Flash Trail Race (please tick)

10K ☐

Half Marathon ☐

Surname: _____

First Name: _____

Address: _____

Postcode: _____

England Athletics Membership N°: _____

E-mail: _____

Date of Birth: / /

Male: ☐

Female: ☐

Affiliated Athletic Club: _____

Unattached: _____

I would like to support the following charity (please tick)

The Christie ☐

Macmillan Cancer Support ☐

Rathbone ☐

Wigan & Leigh Disability Partnership ☐

I declare that I am an amateur as defined under 'England Athletics' rules. I understand the organisers will not be held responsible for any injury, loss or harm resulting from taking part in the Pennington Flash Trail Races.

NB: Any photography on the day may be used for promotional purposes.

I will receive regular race updates through the Sports Tours International newsletter.

Signed: _____

Date : / /

(by parent / guardian if under 17)

N.B - Minimum age for male and female entries in the 10k and Half Marathon is 15 years.

CHECK LIST TO BE RETURNED

- Completed entry form & cheque
- You **MUST** include an **A4 SIZE** self addressed envelope with stamps totalling £1. You will then receive your Race Number / Race Chip / instructions booklet inc directions.