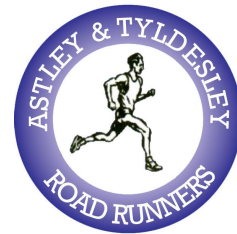




Astley & Tyldesley Roadrunners presents



"THE ALL NEW FOR 2012"

Bent & Bongs 10k Trail Race

Run under UKA rules – Permit pending

Sunday 1st April

"Run on the glorious traffic free local trails of Tyldesley and Atherton"

Note : Please respect other users of the trails such as dog walkers and horse riders.

Venue & registration:

Miners Welfare Club, Gin Pit Village, Ley Road, Tyldesley, Manchester, M29 7DW

Memento's to all finishers

Start Times:- 11AM

INCORPORATING NORTHERN VETS MONTHLY RUN

Prize List: 1st 3 Men & 1st 3 ladies, 1st Teams (3 to count) Men & ladies

1st U/20 Vet 40,45,50,55,60,65, over 70 Men

1st U/20 Vet 35,40,45,50,55, over 60 Ladies

If a vet wins one of first three prizes, then the next vet in **same** category is promoted

IF N.V.A.C RUNNERS WINS OPEN PRIZE THEY DO NOT GET MONTHLY RUN PRIZE

Race Entry Fee: £7.00 UKA affiliated. £9.00 non-affiliated. (£1.00 extra on the day)

Cheques payable to **Astley & Tyldesley Roadrunners**

ENTRIES TO:

Bent & Bongs 10k, 24 Highfield Avenue, Atherton
Manchester, M46 9LU.

Closing Date for postal entries: Monday 26th March

All entries to include A5 SAE envelope with correct postage

Email: stevensgary@hotmail.com

Enter online at: www.ukresults.net

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BENT & BONGS 10k TRAIL RACE

Forename.....Surname.....M/F.....D.O.B.....

Age on Race Day (Minimum age 15 for 10k mile race)

NORTHERN VETERANS ☐

Running Club / Unattached.....

UKA Reg No.....

Address.....

..... Postcode.....

E-mail..... Tel

.....

I am an amateur as defined by UK Athletics rules. I am medically fit to take part. I agree that the organisers / sponsors shall not be responsible for any loss, accident or injury (or loss / damage to property) arising from my participation in this event.

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

Race No.

(Must be signed by parent or guardian if competitor is aged under 18)

From www.ukresults.net