

SALFORD HARRIERS & AC

(Founded 5th March 1884)



Affiliated to England Athletics

SALFORD



Measured Fast
Two Lap Course
Under U.K.A Laws
Permit No 2011-101444
Course Records:
Dave Lewis, 29.32
Tracey Morris 33.22

10 Km



GOOD FRIDAY BANK HOLIDAY 22nd April 2011

START TIME: 10.00 a m

Salford Sports Village Littleton Road Salford M7 3AP

Changing and Showers - Limited Car Parking

Commemorative Gift to all finishers

CASH PRIZES TO FIRST THREE MEN AND WOMEN + £100 for breaking course record

1st 6 Men • 1st 6 Ladies • 1st 2 J/Male • 1st 2 J/Female

1st Vets 0/40 0/45 0/50 0/55 0/60 0/65 0/70 • Ladies 1st Vets 0/35 0/40 0/45 0/50 0/55 0/60 0/65

Team Prizes (3 to count) 1st Male Team • 1st Male Vets Team • 1st Ladies Team • 1st Ladies Vet Team

Entrance Fee – U.K.A Runners £10.00 Unattached £12.00 Entry on Day £2.00 extra
Cheques/PO payable to ‘Salford Harriers’

To: Race Secretary 5 Springwood Avenue Chadderton Oldham OL9 9RR email:- hilbob.inch@talktalk.net

Postal Closing Date 11th April 2011 – entries received later to be collected at Registration

ON LINE ENTRY and Results following the event: www.ukresults.net

ENTRY FORM

Name Male/Female

Address Date of Birth

..... Age on Day of Race

..... E-mail Address

Club Team entries tick Male Ladies:

REG No..... M/Vet's F/Vet's

Minimum Age 15 years

Declaration: I am an amateur as defined by UK Athletics Rules. I am medically fit to take part. I agree that the organizers and/or 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.....

Please enclose SAE 9" x 6" for Race No. and details (larger envelopes will be surcharged by Post Office)