



# SALFORD HARRIERS & AC

Present their 20th

# SALFORD 5K ROAD RACE

ACCURATELY MEASURED 5K UNDER UKA LAWS 97/014

Race Permit No. 2011-101685

## ALSO AN UNDER 17 3K ROAD RACE

FIRST RACE OF FIVE CITY OF MANCHESTER  
PARKS ROAD RACE GRAND PRIX

Races on a Traffic-Free Course inside Heaton Park Prestwich Manchester

## Sunday 22<sup>nd</sup> May 2011

Start 11.00 am Under 17 – 10.30 am

Start/Finish at the Grand Lodge Entrance, off A665 Bury Old Road  
Prizes

First 5 Individuals and First team of 3 (Male/Female & Vets) plus category prizes.  
Under 17 3K Awards 1<sup>st</sup> three in each group U17, U15 & U13 **as on 31/08/2010**

**First Aid - Manchester Medical Services**



**£6.00 (Club Runners deduct £2.00)**



**3K £2.00**

**Entries on the day £1 extra**

**Cheques payable to 'SALFORD HARRIERS'**

Closing date for postal entries 16/05/11

To: Mr V Murphy 5 Springwood Avenue Chadderton Oldham OL9 9RR

On Line Entries and Results following the event: [www.ukresults.net](http://www.ukresults.net)

No Changing Facilities available at the Park

**IMPORTANT:** Please tick to indicate which race you wish to be entered for - 5K ..... 3K.....

Name.....

Male/Female.....

Address.....

Date of Birth.....

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Age on Day of Race.....

CLUB.....

Registration No.....

**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 9" x 6" S.A.E. for Race No. and Details  
(Larger envelopes will be surcharged by Post Office)