



# The 3rd Swinton 10 Mile Road Race

Part of the Central Lancashire Grand Prix Series

**Sunday 30<sup>th</sup> September 2012, Start Time: 9:30am**

Registration only at

Swinton FC Clubhouse, Barton Road, Swinton, M27 5LJ.

Car parking available only at

Springwood Primary School, Barton Road, Swinton, M27 5LP.

**Car Parking, Hot Drinks and Toilet facilities available.**

**First Aid, Accurate Mile Markers.**

**Sorry, the course is not suitable for wheelchair athletes.**

**Computerised results available on the day.**

**For safety reason the use of IPODs and MP3 players are NOT permitted.**

**Route details available on [www.swintonrunningclub.co.uk](http://www.swintonrunningclub.co.uk).**

**Entries on the day up to race limit if available, limit 500 Entries.**

*Mementoes to all finishers  
Prizes awarded for the first five men and women  
First male in all veteran categories  
First female in all veteran categories  
First team male and female (three to count)  
1 prize per runner, except team prize*

Entries (including max size A5 SAE) to: Ian Thomas, 7 Coverdale Close, Platt Bridge, Wigan. WN2 5EN.  
or online at



[www.ukforms.net](http://www.ukforms.net)

**CLOSING DATE FOR POSTAL ENTRIES: 24<sup>th</sup> September, 2012**

## The Swinton 10 Mile Road Race

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Male:  Female:  Age on Race Day (Min Age 16): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Affiliated Club: \_\_\_\_\_ UKA Number: \_\_\_\_\_

**Fee Enclosed: Affiliated £8.00 Unattached £10.00 (Entries on the day £2.00 extra)**

Cheques payable to Swinton Running Club

I declare that I am an amateur as defined by UKA Rules, and I am in good health, and agree not to wear earphones or other devices which may restrict my hearing, causing potential danger to myself and others.

The organisers shall not be liable for any loss, damage, actions, costs or expenses which I may suffer as a result of participating in this event.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian of runners under 18 years of age)

Supported by

