



City of Salford Women's 5.25 Mile Run

in association with
henshaws
society for blind people



A prize to
EVERY
finisher.

92% said they
would do this
race again!
(Runners World website)

Sunday November 30th 2008 at 11am

Race HQ: Grosvenor Road School, Swinton, Salford. M27 5LN

Extensive Prize List - First 5 ♦ ALL Veteran Cats ♦ 1st Team (4 to Count). Prizes may be increased depending on number of entries. (1 Prize per runner excl. team prizes) ♦ Trophies- 1st & vets winners

First Aid ♦ Accurate Mile Markers ♦ Computerised results available on the day ♦ Drinks at finish
The use of MP3 type players and similar items will be discouraged at this event for safety reasons.

Course Records: Jennifer Heath (Sale Manchester Harriers) 29min 44sec

This race run under UK Athletics rules (Permit: 10425).

Entries: £8 (£6 UKA Affiliated Club Members)

Last Date for Postal Entries: Oct 22nd 2008 Entries on the day +£2 (Race Limit 500)

Online Entries available at: race-results.co.uk & runnersword.co.uk

Course Details: www.swintonrunningclub.co.uk

Entry Form: City of Salford Ladies Run.

First Name: Second Name:

Age on Race Day (Min 16 years): D.O.B:

Club (if Any): Your UKA No:

Address in full:

Postal Code:

Tel No: e-mail:

Fee enclosed: £ I Will / Will not Be sponsored to take part in this event in aid of Henshaws.

I declare that I am amateur as defined by UKA rules and I am in good health. 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:

Return form to: Janet Thomas, 7 Coverdale Close, Fairfield Gardens, Platt Bridge. Wigan. WN2 5EN with a 9"x5 Self Addressed Envelope. Cheques/PO payable to Swinton Running Club