

THE MOONRAKER 10K

sponsored by

Up & Running

the triangle
exchange square
manchester
M4 3TR
0161 834 8961

COURSE
CERTIFIED
ACCURATE

SUNDAY 22nd JULY 2012
START 11am

A R C Licence
Applied for

BOWLEE COUNTRY PARK, HEYWOOD OLD ROAD (A6045)
MIDDLETON, MANCHESTER M24 4SD. JT 19 M60
mainly on road - 30% good tracks

Entry fees: £10 unattached - £8 Club runners - £2 extra on the day
minimum age: 15 on race day. Not suitable for wheelchairs

Cheques payable to Middleton Harriers AC c/o Jack Kirk, 2 Crowshaw Drive,
Healey, Rochdale, OL12 0SR. Tel 0706 666323. Email jkirk1@ntlworld.com
Enclose SAE with CORRECT POSTAGE
Closing date for postal entries 17th July 12

Commemorative gift for all finishers

CHANGING - SHOWERS - REFRESHMENTS - LARGE CAR PARK

Damion Nichols Wilmslow RC -- 2009- 32min.12sec.

Course Records

Katie Ingram Horwich RMI -- 2007- 37min. 24 sec

PLEASE USE BLOCK CAPITALS

NameSurname1Tel:

Address

.....Postcode.....

Email:.....

Male/Female Age on race day

Affiliated: YES/NO Running Club: Membership No.....

Fee enclosed: £10/£8/£12

We encourage runners of all capabilities – the course remains open until the last runner passes –
that's a promise!

Declaration: I declare that I am eligible as defined by UKAA rules and that I am medically fit to run

Signature Date