



# Swinton Running Club Presents

# *The 22nd City of Salford*

# *Women's 5.25 Mile Run*

**Sunday 25<sup>th</sup> November 2012, Start Time: 10:30am**

Registration only at  
Swinton FC Clubhouse, Barton Road, Swinton, M27 5LJ.

Car parking available only at  
Springwood Primary School, Barton Road, Swinton, M27 5LP.

Toilet facilities available at Registration, Swinton FC Clubhouse.

Hot Drinks available.

First Aid, Accurate Mile Markers.

Sorry, the course is not suitable for wheelchair athletes.

Computerised results available on the day.

For safety reasons 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.  
First veteran in all categories  
First team (four to count)  
1 prize per runner, except team prize*

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

**SportSoft**  
On Line Entries



**RUNNER'S WORLD**

[www.race-results.co.uk](http://www.race-results.co.uk) [www.ukforms.net](http://www.ukforms.net) [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

**CLOSING DATE FOR POSTAL ENTRIES: 19<sup>th</sup> November 2012**

City of Salford Women's 5.25 Mile Run - Ladies Only

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

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

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

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

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

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

Fee Enclosed: Affiliated £7.00 Unattached £9.00 (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

**RunDirect**