

THE MOONRAKER 10K

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COURSE
CERTIFIED
ACCURATE

SUNDAY 26TH JULY 2009

UKA LICENCE
applied for under
UKAA rules

START: 11am

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

Entry Fees: £ 9 Unattached - £7 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: 01706 666323. email: jkirk1@ntlworld.com.
Enclose SAE with CORRECT POSTAGE.

CLOSING DATE FOR POSTAL ENTRIES: 19 July 09

T-shirt for all finishers

CHANGING - SHOWERS - REFRESHMENTS - LARGE CAR PARK

EVENT SPONSOR: **UP & RUNNING** Middleton Road
Chadderton, Oldham
0161 622 1411

Name.....Surname.....Tel :.....

Address.....

.....Postcode

Email:

Male[] Female[] Age on race day [] Club.....

Eng Ath Reg No: Fee enclosed £9 £7..... £11
please tick

Be the first in the queue to receive exclusive offers and discounts at your local Up & Running shop.
Please tick this box if you do NOT wish to receive this e-newsletter.

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

Signed Date