



**Bolton United Harriers & A.C.**  
present their annual



# BOLTON 10K

**Sunday, 22nd April 2012**  
Starting at 10am

**Leverhulme Park, Long Lane, Bolton, BL2 6EB**

**NEW COURSE...**on undulating roads around and within Leverhulme Park, incorporating a Grandstand start and finish.



UK Athletics Permit: 2012-103428

## AND ONE MILE FUN-RUN

Starting at 9am



Course No.: 11/333

# Tech T-Shirts to all 10K finishers

### 10K Race Info

Entry Fees:

£10 Affiliated

£12 Unaffiliated

**NO ENTRIES ON DAY**

Entries non-transferable

No refunds or deferrals

Minimum age: 15

Race limit 750

### Fun-Run Info

Entry Fees:

£4 Pre-entry

£5 Entry on the day

### More Details

[www.bolton10k.co.uk](http://www.bolton10k.co.uk)



### Results by Race-Chip Timing

[www.bolton10k.co.uk](http://www.bolton10k.co.uk)

**Medals to all Fun-Run finishers**

Sponsored by:



**sweatshop**  
WE KNOW RUNNING

**CHORLEY - PR6 8AB**

Supported by:



### 10K Prizes\*

Cat	Men	Women
Open Age:	1st 10	1st 5
U/20:	1st	1st
O/35:	—	1st 2
O/40:	1st 2	1st 2
O/45:	1st 2	1st 2
O/50:	1st 2	1st
O/55:	1st	1st
O/60:	1st	—
Teams:	1st 2 (Teams of 4)	1st 2 (Teams of 3)

\*One individual prize per person. Race is in age category, except main race. All prizes at discretion of Race Organising Committee.

### Mail entry form and fee to:

BOLTON 10K  
214 BRADSHAW MEADOWS  
BRADSHAW  
BOLTON  
BL2 4NE

### Cheques payable to:

"Bolton United Harriers & AC"

Postal entry closing date: 16th April.

**No SAE required.** Race details available by email and website, and will only be sent out (by SAE) if no email is provided.

**Race chip and number to be collected on the day** from Leverhulme (indoor track).

### Or enter online at any of:

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

Online entry closing date: 19th April.

Please use  
BLOCK  
CAPITALS

Surname: \_\_\_\_\_ Forename: \_\_\_\_\_

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

Post Code: \_\_\_\_\_ DoB: \_\_\_\_\_ Age On Race Day: \_\_\_\_\_ Sex: M / F  
(DD/MM/YYYY) Min. Age: 15 (Please delete)

Email: \_\_\_\_\_  
(For personal running details and further race info)

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_  
(Include area code if not 01204) (To receive a FREE personal text result)

UKA Club: \_\_\_\_\_ UKA Reg. No.: \_\_\_\_\_  
(Affiliated Running Club)

Medical Conditions: None Known / Yes: \_\_\_\_\_  
(Please delete. If yes, in case of First Aid emergency, please indicate e.g. asthma, or allergy to a drug e.g. Penicillin)

**Waiver: I am an amateur as defined by the rules of UK Athletics and agree to abide by their rules. I am medically fit and understand the organisers/sponsors will not be held responsible for any loss, injury, illness or damage which may result from my taking part.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age \_\_\_\_\_ Date \_\_\_\_\_

Race & Fee Enclosed: 10K / 10K / Fun / Affiliated / Unaffiliated / Run / £10 / £12 / £4  
(Please delete)

Preferred T-Shirt Size: S / M / L / XL  
(Please delete)

Admin use  
12v1.7  
BUHr/p  
ukrDC