



Bolton United Harriers & A.C.
present their annual



BOLTON 10K

Sunday, 13th April 2014
Starting at 10am

Leverhulme Park, Long Lane, Bolton, BL2 6EB

COURSE: Two laps on undulating roads around and within Leverhulme Park, incorporating a Grandstand start and finish.

AND

ONE MILE FUN-RUN

Starting at 9am



UK Athletics Permit: 2014-10593



Course No.: 11/333

Tech T-Shirts to all 10K finishers

10K Race Info

Entry. £10 Affiliated.
Fees £12 Unaffiliated.

NO ENTRIES ON DAY.

Entries non-transferable.
No refunds or deferrals.
Minimum age: 15.

Race limit: 750.
No Mp3 players.

Fun-Run Info

Entry. £4 Pre-entry.
Fees £5 Entry on day.

More Details

www.bolton10k.org

OFFICIAL website address



Chip Timing | SMS Results

www.bolton10k.org

Mementos to Fun-Run finishers

Sponsored by:



sweatshop
WE KNOW RUNNING

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)
Course Record:	33:19 (2013)	39:40 (2012)
£50 Cash		

*One individual prize (+ record) per person.
Race is in age category, except main race.
All prizes at discretion of Race 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: 7th 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
www.bookitzone.com
www.ukresults.net
www.race-results.co.uk

Online entry closing date: 9th April.

Please use
BLOCK
CAPITALS

Surname: _____ Forename: _____

Address: _____

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

Email: _____
(For personal running details and further race info) **Please use BLOCK CAPITALS for your EMAIL for easy identification!**

Mobile: 0 7 _____ Phone Home or Emergency: _____
(To receive a FREE personal text result) (Include area code if not 01204)

UKA Club: _____ UKA Reg. No.: _____
(Affiliated Running Club, NOT gym/fitness 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 accept there is a level of risk in endurance running. By starting the race, I declare I am medically fit and understand the organisers and supporters will not be held responsible for any loss, injury, illness or damage which may result from my taking part.

Signature (AND signature of parent or guardian if under 18 years of age) _____ Date _____

Preferred T-Shirt: S / M / L / XL
Size (Please delete)
Race & Fee Enclosed: 10K Affiliated £10 | 10K Unaffiliated £12 | Fun Run £4
(Please delete)

Admin use
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