

THE MOONRAKER 10K

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shoes, clothing and advice
for running and the gym

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UKA LICENCE applied for under UKAA rules

**COURSE
CERTIFIED
ACCURATE**

SUNDAY 27TH JULY 2008

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: 20 July 08

T-shirt for all finishers

CHANGING - SHOWERS - REFRESHMENTS - LARGE CAR PARK

EVENT SPONSOR: **UP & RUNNING**

519 Middleton Road
Chadderton, Oldham, OL9
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