



Bolton Hospice
caring from the heart

THE HORWICH CARNIVAL RACES INVITE YOU TO RUN

THE EMERSON GROUP



British Masters Athletic Federation 5KM Road Race Championships

FAST TRAFFIC
FREE COURSE

Sunday 21st June 2009 at 11:15am



In support of Bolton Hospice
Under UKA Rules. Licence no. 90190

Part of the Horwich Carnival Races, a Festival of Cycling and Running
3 lap Town Centre course

Please note – The course is not suitable for wheelchair athletes

Changing, showering and presentation at Horwich Leisure Centre, Victoria Road, Horwich

Race Headquarters – The Crown Hotel, Chorley New Road, Horwich

CLOSING DATE FOR POSTAL ENTRIES: 6 JUNE 2009

ENTRY FEE £7.00 (member of BMAF area club), £9.00 (Non member)

★ Extensive prize list in addition to winners of BMAF medals ★

Postal Entries to: BMAF 5K, c/o 679 Chorley New Road, Horwich, Bolton, BL6 6HR.

Tel: 01204 669926 or 07742 562596. Email: williamj.s@ntlworld.com

Please enclose a Large SAE

Please make cheques payable to "Horwich Carnival Races"

Online entries available at www.race-results.co.uk

www.horwichcarnivalraces.co.uk • www.horwichrmiharriers.co.uk • www.lostockac.co.uk



The Emerson Group British Masters 5KM Road Race 2009

Race No.

Name M/F DOB Age

Address Postcode

Club Tel No

BMAF Area Club Accommodation Info Pack Required

(please tick box)

Declaration: Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by UKA and agree to abide by their rules. I am medically fit, and understand that the organisers will be in no way responsible for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged during the event. Competitors' rights covered by the Data Protection Act.

Signed Date

If you wish to join the Sweatshop email database please enter your email address here: