

## Race Information

The JD Sports City Of Salford 10k is a race for people of every standard and ALL are welcome. So if you've never taken part in a race before then this is the race for you.

The start and finish of this event will be in the heart of Salford Quays in the Lowry Plaza situated in between The Lowry & Lowry Outlet Mall. You will run over the Lowry Bridge & take in the local sights including the Imperial War Museum North & run along United Road at Manchester United F.C. before returning to Salford Quays.

## Main Awards Prize List

Men

Top 10 Men

Ladies

Top 10 Women

## Additional Awards

You can only win a prize for the category in which you are entered:

15-19    20-24    25-29    30-34    35-39    40+

Race Organiser's decision is final (1 individual prize per person).

**Please Note:** All prizes must be collected at the prize giving ceremony after the race.

## How To Enter

Please either complete the entry form & forward with your cheque to:  
Sports Tours International Ltd, 91 Walkden Road, Walkden, Manchester, M28 7BQ

Or enter **ONLINE** at [www.sportstoursinternational.co.uk](http://www.sportstoursinternational.co.uk)



# CITY OF SALFORD 10K

## 9.30am Start | Sunday 5th September 2010

Venue: Salford Quays

Prizes in all categories

England Athletics - Licence Number: tbc  
Run under UKA rules



JDSports.co.uk



POWERADE.

**EVENTS**  
to SHOUT about in  
**SALFORD**

In Association with



Salford City Council

This selection of running gear at JD is guaranteed to help you set the pace, with great ranges from Nike, Adidas and Pure Simple Sport. Check them out in store and online now!

**Mens**

**Womens**



ADIDAS  
Response Running Tee  
white/red s-xxl ss  
£16.99 04086



ADIDAS  
Response Running Short  
black/red s-xxl ss  
£19.99 04079



ADIDAS  
Response Running Vest  
black/red s-xxl ss  
£14.99 04097



NIKE  
Dri-FIT Long Sleeve T-Shirt  
s-xxl ss  
£19.99 44656



NIKE  
Tech Baggy Shorts  
s-xl ss  
£19.99 57104

ONLY AT JD



PURE SIMPLE SPORT  
Juba Running Tee  
black 8-16 ss £14.99 01412  
lime/black 8-16 ss £14.99 01411



PURE SIMPLE SPORT  
Running 3/4 Tight  
black 8-16 ss £19.99 01426

ONLY AT JD



ADIDAS  
Running Tee  
white 8-14 ss £17.99 15755



ADIDAS  
Running 3/4 Tight  
black 8-14 ss £24.99 15766

ss - selected stores 01234 - online code

JD is the home of Sports Fashion. As well as running gear, you will also find the latest and greatest footwear and clothing from the best of the best brands including Nike, Adidas, Mckenzie, Duffer, Lacoste and Fred Perry.

Go to [www.jdsports.co.uk](http://www.jdsports.co.uk) to find your local store or to shop online.

**Win £50 to spend at JD!**

To ensure you look your best on race day, we are giving 5 lucky entrants the chance to win a £50 gift card to spend at JD!

Simply visit [www.sports-toursinternational.co.uk/running/jd-sports-city-of-salford-10k](http://www.sports-toursinternational.co.uk/running/jd-sports-city-of-salford-10k) and enter the race before July 31st 2010 to be in with a chance to win!

Please visit [www.sports-toursinternational.co.uk/running/jd-sports-city-of-salford-10k](http://www.sports-toursinternational.co.uk/running/jd-sports-city-of-salford-10k) for full terms and conditions.

# Run For Your Charity

Although it is not compulsory to run for charity, many people choose to do so. Please find listed below the nominated charities. If you wish to run and support any of the below please tick the box against your choice and a sponsorship form will be forwarded accordingly.

For more information on the charities visit the website:

[www.sportstoursinternational.co.uk/charity](http://www.sportstoursinternational.co.uk/charity) and follow the link to all nominated charities.



## Help for Heroes

We are strictly non political and non critical; we simply want to help. We believe that anyone who volunteers to serve in time of war, knowing that they may risk all, is a hero. These are ordinary people doing extraordinary things and some of them are living with the consequences of their service for life. We may not be able to prevent our soldiers from being wounded, but together we can help them get better.

Contact name: Kirsty Large

Email: [kirsty.large@helpforheroes.org.uk](mailto:kirsty.large@helpforheroes.org.uk)

Phone: 01980 846459

www.[helpforheroes.org.uk](http://helpforheroes.org.uk)



## KidsCan

1 in 500 children will be diagnosed with cancer in the UK this year. Tragically, 30% of these children will not survive. Through groundbreaking research, KidsCan is striving to reduce that figure but your continued support is vital.

Contact Name: Christopher Swinton

Email: [info@kidscan.org.uk](mailto:info@kidscan.org.uk)

Phone: 0161 295 3864

Web: [www.kidscan.org.uk](http://www.kidscan.org.uk)



## Macmillan

Macmillan Cancer Support improves the lives of people affected by cancer. We provide practical, medical and financial support and push for better cancer care. Cancer affects us all.

Contact name: Stephanie Fletcher

Email: [sfletcher@macmillan.org.uk](mailto:sfletcher@macmillan.org.uk)

Phone: 01925 846 740

Website: [www.macmillan.org.uk/greatermanchester](http://www.macmillan.org.uk/greatermanchester)



## Rathbone

Rathbone is a national organisation giving young people who are experiencing significant disadvantages the right opportunities to learn and achieve. Every year more than 17,000 young people join us. Help us make a difference to their lives by choosing Rathbone as your chosen charity.

Contact name: Michele Black

Email: [michele.black@rathboneuk.org](mailto:michele.black@rathboneuk.org)

Phone: 0161 236 5358

Website: [www.rathboneuk.org](http://www.rathboneuk.org)

# Entry Form

## Entry Fee £17 / £15 for Club Runners (inc. chip timing)

NO ENTRIES ON THE DAY - Closing date for entries 29th August 2010

Please fill in this entry form in BLOCK CAPITALS, detach and return to:

Sports Tours International, 91 Walkden Road, Manchester, M28 7BQ.

Tel : 0161 703 5806 email: [grahamj@sportstoursinternational.co.uk](mailto:grahamj@sportstoursinternational.co.uk)

Cheques made payable to: Sports Tours International Ltd.

Please note that the course is not suitable for wheelchair athletes. Licence Number: tbc

I would like to enter the JD Sports City of Salford 10K (please tick)

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

First Name: \_\_\_\_\_

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

Postcode: \_\_\_\_\_

England Athletics Membership N°: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth:        /        /        Male:  Female:

Affiliated Athletic Club: \_\_\_\_\_ Unattached: \_\_\_\_\_

Age Category (please circle):

15-19      20-24      25-29      30-34      35-39      40+

I declare that I am an amateur as defined under 'England Athletics' rules. I understand the organisers will not be held responsible for any injury, loss or harm resulting from taking part in the JD Sports City of Salford 10k.

NB: Any photography on the day may be used for promotional purposes.

I will receive regular race updates through the Sports Tours International newsletter.

Signed: \_\_\_\_\_

(by parent / guardian if under 17)

N.B - Minimum age for male and female entries is 15

Date :        /        /

### CHECK LIST TO BE RETURNED

Completed entry form & cheque

Plus you MUST include an A4 SIZE Self addressed envelope with stamps totalling £1.

You will then receive your Race Number / Race Chip / instructions booklet inc directions.

Please enclose large SAE for Race Number and details.