



Bolton United Harriers & A.C.
present their FOURTH



LAST DROP LOOP

Saturday, 14th May 2016

Starting at 1pm

Last Drop Village

Hospital Road, Bromley Cross, Bolton, BL7 9PZ



FRA Permit rules apply.

COURSE: A demanding fell run, crossing woodland and the high moorland of the Pennines overlooking Bolton.

FRA Race Category **BS**

**** FELL RACE ****

9.2km (5.7mi) - 240m (785ft)
Distance Ascent



supported by



greenhalgh's
irresistibly better baking



Entry Conditions

Entry Fees: £6 Pre-entry
£8 On day
No refunds/deferrals/transfers.
Minimum age: strictly 18.
Race limit: 300.

Race Conditions

Marked parts of course **MUST** be followed.
Retirements **MUST** report back to race organiser at finish.
Essential FRA equipment **MUST** be brought, including: full waterproofs, hat, gloves, map, compass and whistle.
Carriage dictated by weather conditions.
Suitable for novices.

NMAC Conditions

MUST pre-enter to count for the Northern Masters Championships

More Details

Further info on the **BUH&AC** website:

Route Info

1. Start/finish at the helipad (OS grid ref - [E287] 722141)
2. Diagonal N over field by disused quarry (719147) and Turton Golf Club
3. Track anti-clockwise by Torra Barn to 727156 by lower path
4. Rise W up Cheetham Close hill (719155) then descend N by Witton Weavers Way to pylon wall (714168)
5. Cross Turton Heights SW to 706163
6. Dogleg along Rotary Way past Horridge's, New Butterworth (714150) and Little Stanrose farms back to start

Registration

Registration HQ in Turton Suite by car park at helipad.

Prizes

- 1st 3 Open Age (Male & Female).
 - 1st 2* o/40, o/50 & o/60 Vets* (M&F).
- *One individual prize per person. Race is in age category, except main race. Prize list may be expanded based on pre-entries. All prizes at discretion of Race Committee.
Additional NMAC (NVAC) prizes.

www.BOLTONUNITEDHARRIERS.co.uk/LAST-DROP-LOOP

Mail entry form and fee to:

LAST DROP LOOP
214 BRADSHAW MEADOWS
BRADSHAW
BOLTON
BL2 4NE

Cheques payable to:
"Bolton United Harriers & AC"

Postal entry closing date: 9th May.

No SAE required.

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

Or enter online at:

www.runnersworld.co.uk
www.ukresults.net
www.bookitzone.com
www.race-results.co.uk

Online entry closing date: 11th May.

Please use BLOCK CAPITALS

Surname: _____ Forename: _____

Address: _____

Post Code: _____ DoB: _____ Age On Race Day: _____ Sex: M / F
(DD/MM/YY) Min. Age: 18 (Please delete)

Email: _____
(For personal running details and further race info) **Please PRINT CLEARLY using BLOCK CAPITALS for easy identification!**

Club: _____ Mobile: 0 _____
(Recognised Running Club)

Emergency Contact PERSON: _____ Emergency Contact PHONE: 0 _____

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)

I understand that this race is held in accordance with both the Rules and Safety Requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or property arising out of my participation in this race.

Signature _____ Date _____

NMAC Registered: Yes / No
(previously NVAC) (Please delete)

Vehicle Registration: _____
(if known which vehicle will be used to attend, this may help in the event of an emergency)

Admin use
LDL
16v2