



Bolton United Harriers & A.C.
present their SECOND



LAST DROP LOOP

Saturday, 10th May 2014

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 *****

Entry Conditions

Entry Fees: £6 Pre-entry
£8 On day
No refunds/deferrals/transfers.
Minimum age: strictly 18.
Race limit: 250.

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.

LDL Prizes*

1st 3 Open Age (Male & Female).
1st o/40, o/50 & o/60 Vets (M&F).

*One individual prize per person. Race is in age category, except main race. All prizes at discretion of Race Committee. There may be more prizes (categories and teams) dependant on the number of race entrants.

8.4km (5.5mi) - 225m (740ft)

Distance

Ascent

www.boltonunitedharriers.co.uk

as part of the
Bromley Cross Summer Fayre

Supported by:



sweatshop
WE KNOW RUNNING

CHORLEY - PR6 8AB

and



greenhalgh's
irresistibly better baking

Friends of Bromley Cross
Fayre Organisers

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

Parking & Day Info

Registration HQ on car park.

LIMITED parking at Fayre. Use

Ousel Nest [Upper Jumbles] car park (BL7 9AJ - 500m walk) **OR** **FREE** Park&Ride from Turton High School (BL7 9LT).

Bromley Cross Summer Fayre

Open 11am-5pm.

Stalls, refreshments and entertainment for all the family... why not bring them along?

Mail entry form and fee to:

LAST DROP LOOP FR
70 RAMWELLS BROW
BROMLEY CROSS
BOLTON
BL7 9LQ

Cheques payable to:

"Bolton United Harriers & AC"

Postal entry closing date: 24th April.

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: 8th 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 use BLOCK CAPITALS for easy identification**

Club: _____ Mobile: 0 7 _____

Emergency Contact PERSON: _____ Emergency Contact PHONE: 0 1 _____

Medical Conditions: None Known Yes: _____ Vehicle Registration: _____

(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

Admin use
LDL
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