



OPEN MEETING

PROMOTED BY MANX HARRIERS

Incorporating Paul Nihill Shield Match (Eng v Ire Boys & Girls)

SATURDAY 3rd March 2012

AT THE NATIONAL SPORTS CENTRE, DOUGLAS, ISLE OF MAN.
PROGRAMME

- 11.00 1 mile (male & female under 11)
- 11.15 2km (male & female under 13)
- 11.30 3km (male & female under 15)
- 12.00 5km (male & female under 17) 5km open (male & female age 13 and over)
- 13.00 10km open (male & female age 15 and over) 20km open (male & female age 17 and over).
- 15.30 3km masters race (male & female over 35)

Race walks meeting held under IAAF rules - age groups as per current rules (age groups as of 1/9/11).
Registration will be at Manx Harriers Clubhouse 30 minutes before the start of each race. **No changing in the clubhouse – changing facilities located inside the track.**

ENTRY FORM (Closing date for entries Saturday 25th February 2012)

No entries on day except for 3km masters event.

Name.....D.O.B.....

Address.....

Telephone.....Email.....

Event Entered.....

Club.....Registration Number (if applicable)

A signed entry form will be considered as acceptance of IAAF/UKA rules, and a declaration that you will walk entirely at your own risk.

Signed..... Date.....

Entries to: Bridget Kaneen, 23, King Orry Road, Glen Vine, Isle of Man, IM4 4ES. Telephone 01624 852884 or Email bridget@manx.net

Entry Fee: £4 (all juniors) £6 for all other events for club athletes/ £8 for unattached athletes. Post event meal and social at Ascot Hotel – additional £10.50 per person.

[] Enter Number of social tickets required Please make your cheque payable to ‘Manx Harriers’
Entry lists will be posted at www.manxharriers.com