



**HSBC SECURITIES SERVICES OPEN MEETING
SATURDAY 28th February 2009**

**Promoted by Manx Harriers A.C.
AT THE NATIONAL SPORTS CENTRE, DOUGLAS, ISLE OF MAN.**

PROGRAMME

- 10.00 1 mile walk (male and female under 15)
- 10.30 3km walk (male and female under 13 & under 15)
5km walk (ages 13+ male and female)
10km walk (ages 15+ male and female)
- 12 noon 20km walk (male and female ages 17+)
- 2.30 pm ½ Marathon run (male and female age 17+ on day of race)

Race walks meeting held under IAAF rules. ½ marathon run held under UKA rules - age groups as per current rules (ages as of 1/09/08)
Registration will be at Manx Harriers Clubhouse 30 minutes before the start of each race.

ENTRY FORM (Closing date for entries Saturday 21st February 2009)

No entries accepted on the day.

Name.....D.O.B.....
 Address.....
 Telephone.....Email.....
 Event Entered.....
 Club.....Registration Number (where applicable).....

A signed entry form will be considered as acceptance of IAAF/UKA rules, and a declaration that you will walk/run 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: £2 (all juniors) £6 for all other events for club athletes/ £8 for unattached athletes

Please make your cheque payable to ‘Manx Harriers’.

Entry lists will be posted at www.manxharriers.com