



MANX HARRIERS OPEN MEETING

Saturday 10th March 2007

At the National Sports Centre, Douglas, Isle of Man

Programme

10.00am - Junior 1 mile and half mile Walks (male and female, age under 15)

10.30am - 5k/10k Walk (male and female, age 13+ for 5k, age 15+ for 10k)

12 noon - 20k/30k Walk (male and female, age 17+) – time limit 3 hours

3pm – 10k run (male and female age 15+)

Race walks meeting held under IAAF rules. 10k run held under UKA rules (ages as of 1/09/2006)

Signing on will be at Manx Harriers Clubhouse 30 minutes before each race

ENTRY FORM

(Closing date for entries Monday 5th March 2007)

Name.....

Address.....

..... Tel No(s).....

Email address..... Event Entered.....

Club..... Reg No (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 Tel: 01624 852884 (email: bridget@manx.net)

Entry Fee: £1 for the Junior 1 mile and half mile walks. £5 for all other events.

Please make your cheque payable to 'Manx Harriers'.

ENTRY LISTS WILL BE POSTED at www.manxharriers.com

Do you wish to attend the social event (meal at Coasters Restaurant, Douglas) on Saturday evening? (Please note: numbers are limited and are strictly on a 'first come first served' basis) **Yes / No** (delete as appropriate) If **'yes'**, how many places do you wish to reserve? (If more than one, please give names of the others)

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For visiting athletes only

Your name.....

Do you require transport between the airport and your accommodation?
Yes / No (delete as appropriate)

If '**Yes**', please state below:

Flight details (date, arrival/departure time, flight number, where from/to):

Incoming flight

.....

Outgoing flight

.....

Where is your accommodation?.....
