

# MANX HARRIERS

## OPEN INVITATION MEETING

Race walks meeting held under I.A.A.F. rules

10k Run held under U.K.A. rules

organised by **MANX HARRIERS**

**Saturday 28th February 2004**

At the National Sports Centre, Douglas, Isle of Man

Programme: \*10 a.m 50k walk incorporating Manx 50km championship(see note)

10.30 a.m Junior mile walk (all ages under 17)

11 a.m Men & Women open 10k walk

12.30 p.m Women 20k walk

12.40 p.m Men 20k walk

3 p.m 10k run (Men & Women)

**\*Please note in order for the 50km race to take place that a minimum of 8 bona fide entries are required. These are to be received by the race secretary by February 7th 2004. Entry standard of 6 hours or proven ability to do the time and the time limit is 6 hours**

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**ENTRY FORM : Closing date for entries Monday 23rd February**

Name..... Registration No. ( where applicable ).....

Address.....

Telephone No/email address..... Club.....

Event Entered.....

A signed entry form will be considered as acceptance of U.K.A./ I.A.A.F. rules and a declaration that you will walk/run entirely at your own risk.

Signed..... Date..... All entries including 50k championship to : Bridget Kaneen 23 King Orry Road, Glen Vine, Isle of Man. IM4 4ES Telephone 01624 852884 (email: [bridget@manx.net](mailto:bridget@manx.net))

Entry Fee : Seniors £6/Juniors £2.50 includes presentation buffet  
Extra buffet tickets available at £3 seniors/£2.50 juniors