

“run the Commonwealth way”

CITY OF MANCHESTER 10K

Organised by: MANCHESTER YMCA HARRIERS - founded 1882

9.30am START SUNDAY 25th JUNE 2006



1ST MAN £350
1ST WOMAN £350



'SPORT CITY'. RUN AROUND THE CITY OF MANCHESTER STADIUM.

CASH PRIZES in ALL categories

(see reverse for extensive cash prize list including veterans).



There are two nominated charities this year: *Cystic Fibrosis Trust*; funding research to find a cure for over 7,500 UK youngsters with Cystic Fibrosis, the most common life-threatening inherited disease in the country and *City in the Community* - a registered charity which runs a variety of health, education, social inclusion and sports programmes in schools and community groups.

T SHIRTS TO ALL FINISHERS, SPOT PRIZES plus ALL finishers are placed into a prize draw to win a weekend for two at the CASTLEFIELD HOTEL, MANCHESTER.

Entry Fee **£14** attached / **£16** unattached (inc. chip timing)
NO ENTRIES ON THE DAY. Closing date 19th June

Entries in BLOCK CAPITALS to: GRAHAM JACKSON, FERN BANK, 4 KINGSTON GROVE, HIGHER BLACKLEY, MANCHESTER M9 6HD. TEL: 0161 740 7277.

(Enclose large SAE for Race Number and details) cheques made payable to: MANCHESTER YMCA HARRIERS. (Please note that the course is not suitable for wheelchair athletes). Permit Number 7852.

SURNAME _____ FIRST NAME _____

ADDRESS _____

_____ POST CODE _____

CLUB _____ NoEAA Membership No _____

E MAIL _____

DATE OF BIRTH ____/____/____ MALE / FEMALE

TICK IF UNATTACHED _____ TICK IF Y-CLUB MEMBER _____

PLEASE CIRCLE WHICH SPONSORSHIP FORM YOU REQUIRE: CYSTIC FIBROSIS / CITY IN THE COMMUNITY

'Do you know anyone who has CF (please specify)? _____

Vet Category: Male V40 V45 V50 V55 V60 V70

Female V35 V40 V45 V50 V55 V60 (please circle)

I declare that I am an amateur as defined under "UK Athletics" rules. I understand the organisers will not be held responsible for any injury, loss or harm resulting from taking part in the City of Manchester 10k.

Signed _____ (parent/guardian under 17 yrs) Date _____

CHECK LIST: HAVE YOU ENCLOSED: ENTRY FORM - PAYMENT - LARGE S.A.E.

IMPORTANT INFORMATION

The Race **STARTS** and **FINISHES** at the Regional Athletics Arena at Sport City.
The race goes around the outside of the **CITY OF MANCHESTER STADIUM**
originally built for the **MANCHESTER COMMONWEALTH GAMES**.
It also highlights the 'B' of the Bang sculpture, recently opened by Linford Christie.

Run and raise money for one of the nominated charities
We will send you a sponsorship form.

MAIN AWARDS - PRIZE LIST

(1 individual prize per person)

MEN

1ST £350	8TH £20	15TH £20	0/40 £40
2ND £250	9TH £20	16TH £20	0/45 £40
3RD £100	10TH £20	17TH £20	0/50 £40
4TH £75	11TH £20	18TH £20	0/55 £40
5TH £50	12TH £20	19TH £20	0/60 £40
6TH £40	13TH £20	20TH £20	0/70 £40
7TH £20	14TH £20		

TEAMS: 2 X TEAMS (3 TO COUNT) - prizes

LADIES

1ST £350	5TH £20	9TH £20	0/45 £40
2ND £250	6TH £20	10TH £20	0/50 £40
3RD £100	7TH £20	0/35 £40	0/55 £40
4TH £75	8TH £20	0/40 £40	0/60 £40

TEAMS: 1 X TEAM (3 TO COUNT) - prizes

Please note you can only win a prize for the category in which you are entered.
Race Organiser's decision is final.

ADDITIONAL AWARDS

1ST CORPORATE TEAM

VETERANS: 1ST TEAM - male or female (3 to count) - prizes

1st Y-CLUB MEMBER (Non Harrier) - **£50**

visit our website at: www.manyharrier.co.uk

Enter on-line at: www.runnersworld.co.uk/city10k