

# PLATT FIELDS 10K ROAD RACE

Promoted by Manchester Harriers & Athletic Club



ACCURATELY MEASURED UNDER UKA LAWS *Race Licence No.10678*  
**THIRD RACE OF FIVE IN THE REEBOK MANCHESTER PARKS GRAND PRIX SERIES**  
on Traffic Free Paths inside Platt Fields Park, Fallowfield, Manchester

**SUNDAY 29TH JUNE 2008**

**10K at 12 NOON**

**3K UNDER 17 (ages on 31-08-08) at 11.30 am**

**START & FINISH near to Grangethorpe Road, off the A6010 WILMSLOW ROAD, FALLOWFIELD, MANCHESTER. Numbers & Toilets at the LAKESIDE CENTRE, PLATT FIELDS PARK.** No changing facilities available at the Park

**PRIZES** *No athlete to win more than one individual prize*

**10K: Men** First 5 individuals; **Women** First 3 individuals; plus category prizes for Men and Women. Veteran ages on the day, Under 20 as on 31/08/08;

**3K: Boys & Girls** First 3 individuals U17, U15 & U13 *ages as on 31/08/08.*

**FEES: 3K = £2**

**10K= £6 but Club Runners to deduct £2, i.e. Club Runners = £4**

**Closing date for pre-entries 21 June 2008 - ALL late and entries on the day £1 extra**

Cheques payable to "Manchester Harriers & A.C." Entries to:  
Brenda Bradshaw, 12 Heaton Drive, Hollins Village, Bury BL9 8BQ (0161-796 6310)

*NB: The Northern Veteran 10K Road Championship is incorporated in the Platt Fields 10K. You must be a paid up member of NVAC and you must enter the Championship separately through NVAC. Closing date for the Championships is two weeks before the event. Those entering the Championship only, will not be counted in the Platt Fields 10K. Enter both and you will be counted in both events. GP entrants who wish to run in the Championship must also enter the Championship separately. Contact Brenda if you have any queries.*

**IMPORTANT:** Please tick to indicate which race you are entering: 10K ..... 3K .....

Name ..... Male/Female .....

Address .....

Date of Birth ..... 10K Category Entered: SNR..... VET..... U20.....  
3K Category Entered: Under 17..... Under 15..... Under 13.....

*Veteran ages as on Race Day; U20, U17, U15, U13 – ages as of 31 August 2008*

UKA CLUB.....

England Athletics Registration No .....

**Declaration:** I am an amateur as defined by UK Athletics rules. I am medically fit to take part. I agree that the organisers and/or sponsors shall not be liable for any loss, accident or injury (or loss/damage to property) arising from my participation in this event.

Signed.....

Date.....

Please enclose 9"x 6" S.A.E. for acknowledgement and number or collect number on the day (*larger envelopes need a LARGE LETTER stamp!*). Venue details will be on [www.manchesterharriers.co.uk](http://www.manchesterharriers.co.uk) and [www.bbresults.com](http://www.bbresults.com) by the beginning of June. You can also email Brenda on: [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com).