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PRESENT THE

TRAFFORD 10K

Sunday 7th September 2008, 9:30am

START and FINISH, Registration, Changing, Showers, Car Parking
Partington Leisure Centre, Chapel Lane, Partington, Manchester

To be run under UK: Athletics Rules; Accurate, measured course; Held under UK:A Permit

Flat, fast course; Single lap along country lanes; fully marked and marshalled,
with km markers and digital clock.

This is the same course as the *Trafford 10km* race held every March
Computerised results on the day. Extensive prize list including
cash prizes to first three men and women. All other prizes are
Sweatshop vouchers. Goody bag to all finishers.

£200 bonus cash prize for the winner if breaking the course record
(currently 29.28 Andi Jones and 33.38 Katrina Wootton)



Entry fees:

	Medal	No Medal
Members of UK: Athletics affiliated club:	£9-50	£8-50
Unattached:	£11-50	£10-50

Online entries at <http://www.race-results.co.uk>

No entries accepted on race day

Please send completed entry form with entry fee and S.A.E. to
Trafford 10k, c/o Sweatshop, 148-150 Market Street, Hyde. SK14 1EX

Please make cheques payable to Altrincham & District AC

Closing date for all entries Tuesday 26th August 2008

Email enquiries to: mail@altrinchamac.fsnet.co.uk

FULL NAME:

ADDRESS:

EMAIL:

SEX: MALE FEMALE DATE OF BIRTH: / /

UK:ATHLETICS AFFILIATED CLUB:

NoEAA MEMBERSHIP NUMBER: MEDAL: YES NO

I understand that I am an amateur as defined by UK: Athletics rules. I am medically fit to take part and I accept that the organisers will not be held responsible for any loss, damage, illness or injury, directly or indirectly as a result of taking part in this event.

[From www.race-results.co.uk](http://www.race-results.co.uk)

Signed: Date: / /