



**sweatshop**  
WE KNOW RUNNING



PRESENT THE

# TRAFFORD 10K

**Sunday 8<sup>th</sup> March 2015, 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; Roads closed to traffic; Single lap along country lanes; Chip Timing; fully marked and marshalled, with km markers and digital clock.



Computerised chip timed 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.



**Course Records:**

Chris Thompson 28:02 (2010) and Non Stanford 32:41 (2013)

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 Thursday 19<sup>th</sup> February 2015

No need to send an S.A.E. if you provide an email address as we will email you your race pack

**Entries after the closing date will not have the option of ordering a T-Shirt or Medal**

Email enquiries to: [hyde@sweatshop.co.uk](mailto:hyde@sweatshop.co.uk)

FULL NAME:

ADDRESS:

EMAIL:

SEX:        MALE  FEMALE         DATE OF BIRTH:  /  /

UK:ATHLETICS AFFILIATED CLUB:

UK:A MEMBERSHIP NUMBER:         T-SHIRT SIZE:

*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. The use of an iPod, MP3 player or similar device with earphones is prohibited.*

Entry fee enclosed (please tick as appropriate)				
Affiliated £12.00	Finishers medal +£1.00	Race T-Shirt +£4.00	Entry fee enclosed:	£
Unaffiliated £14.00	No medal	No T-Shirt		

Signed: \_\_\_\_\_ Date:  /  /