

IMPORTANT INFORMATION

The race starts and finishes at the Regional Athletics Arena at Sportcity, going 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, opened by Linford Christie.

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 £250	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	
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 Organisers 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**

For further information or how to enter online please visit our website:

www.manyharrier.co.uk OR www.manchesterconfidential.co.uk

For hydration advice visit www.gssiweb.org

Many thanks to PREMIER TEXTILES LTD and BANCROFT SOFT FURNISHINGS for sponsoring this event. Visit website www.premier-textiles.com & www.bancroft-linings.com



PREMIER TEXTILES

CITY OF MANCHESTER 10K



9.30am Start / Sunday 6th July 2008
1st Man £350 1st Woman £350

Organised by:

Manchester YMCA Harriers

Founded 1882

**Run around Sportcity and
The City of Manchester Stadium**

**Cash prizes in ALL categories
T-shirt to all finishers, spot prizes**

(See back page for extensive cash prize list including veterans)

England Athletics Club Registration No. 2658269



Reebok



Entry Fee £16 (£14 for club runners)

(inc. chip timing)

NO ENTRIES ON THE DAY Closing date 27th June

Entries in BLOCK CAPITALS to: GRAHAM JACKSON, FERN BANK,
4 KINGSTON GROVE, HIGHER BLACKLEY, MANCHESTER M9 6HD
Tel:0161 740 7277 or email: grahamjackson7@btinternet.com

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). License Number pending.

Surname _____

First Name _____

Address _____

Postcode _____

Club _____

England Athletics Membership No. _____

Corporate Team Name (3 to count) _____

Email _____

Date Of Birth / / Male Female

Unattached Y-club Member

Vet Category (please circle):

Male V40 V45 V50 V55 V60 V70

Female V35 V40 V45 V50 V55 V60

I declare that I am an amateur as defined under 'England 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.

NB Any photography on the day may be used for promotional purposes.

Signed

(by parent / guardian if under 17) Date / /

Please check you have enclosed: Entry form – Payment – Large SAE.

NOMINATED CHARITIES

Although it is not compulsory to run for charity, many people choose to do so. Please find listed below the nominated charities. If you wish to run & support any of the following please tick the box against your choice & a sponsorship form will be forwarded accordingly. For more information on the charities visit our website & follow the link to all nominated charities.



Caudwell Children

Caudwell Children provides specialist equipment, treatment, therapy and holidays for children and young people with disabilities and terminal illnesses. All money raised will go to children and young people in Greater Manchester as operating costs of the charity are covered by John Caudwell. We will get in touch to set up your fundraising webpage and then it's... on your marks... get set... GO!



Cystic Fibrosis Trust

Cystic Fibrosis (CF) is the UK's most common life-threatening inherited disease. Each week five babies are born with CF and three young people die – average life expectancy is just 31. By raising funds, you can help fund life-saving research for the thousands living with Cystic Fibrosis in the UK, including more than 500 in Greater Manchester. A free running vest is available for anyone taking part for the CF Trust.



Genesis Appeal

The Genesis Appeal is the only charity in the UK dedicated to the prevention of breast cancer. 1 in 10 women will develop breast cancer. Join the fight to make 1 in 10, none in 10. Together we'll be able to make a real difference in the battle against breast cancer.



The Lord Mayor of Manchester Charity Appeal Trust

The charity helps to alleviate the effects of poverty in the city. It is committed to making a real difference to the lives of those people who genuinely need help. Its highest profile activity is support to underprivileged families to enable them to enjoy a weeks holiday in a caravan in this country. To children/families such a break is a breath of fresh air in an underprivileged existence. A Manchester Charity supporting Manchester people

Bounce For A Pound

Fancy doing the 100m on a spacehopper? Before during & after the race there will be an opportunity for the friends & family of runners to get involved to raise funds. This is a joint venture by **Caudwell Children & Cystic Fibrosis Trust** who will organise & share all funds raised. Caudwell Children will be also organising face painting with all monies raised going towards that specific charity.