Stockport Harriers will be donating a percentage of the race profits to



http://www.lisburneschool.ik.org/home.ikml

Special thanks to our sponsors.









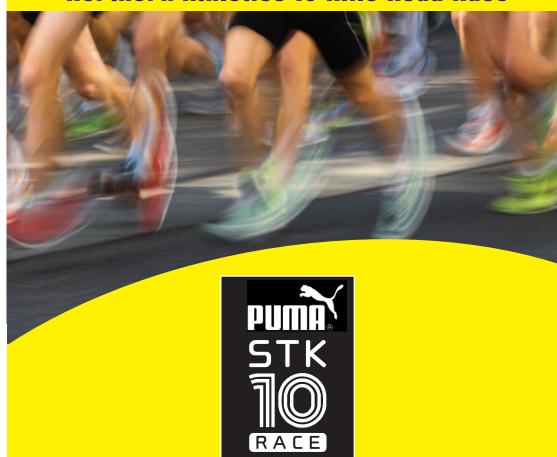




First aid will be provided by



Northern Athletics 10 Mile Road Race



Stockport Harriers & Athletic Club











Sunday 7th December 2014. 10am. Woodbank Stadium, Woodbank Park, Stockport. www.stk10.co.uk

Stockport 10 Mile Road Race

Run under UKA rules. Race licence -TBC

DATE

Sunday 7th December 2014
Race starts at 10am.

VENUE

 Woodbank Stadium, Woodbank Park, Turncroft Lane, Offerton, Stockport.

VISIT our new website

www.stk10.co.uk

for race entrylist and all race information.

FACILITIES

Changing Rooms, Showers, Toilets,
 Bag Storage, Refreshments.
 Hot food post race.
 Car Park near The Woodbank Community
 Centre, use postcode SK1 4BN

PRIZES

Individual

Top 10 male and female, including cash prizes of £100, £50 and £30 for first 3 men and women, in addition to Puma Faas running shoes for 1st man and woman

Age category and vets

1st place age category and vet only
Puma Faas running shoes to all age category and vet winners
Category and vet age ranges – 25 to 65 for male and female

Team

Prizes for first 3 men's and women's teams (3 to count)

In the event that a runner qualifies for both an individual and age category or vet prize, the higher value prize shall be presented

Many spot prizes

Long sleeve technical t-shirt and our famous goody bag to all finishers

	Name:			•••••	M/F:
	Age on race day (Min age - 17):	DoB	:		
	Affiliated Club:				
	UK Athletics No: (req if affiliated)				
	Eligible for Northern Athletics (Y/N)				
	Address:				
	Phone:		•		
	Mobile: (to receive your result by text)				
	Email:		•		
	Entry details: Affiliated £16. Unaffiliate	ed £18.	Rac	e limit	1500.
	Please return form to		0.	-h: C	OKO 4DII
Alan Dilkes, 23 Poleacre Lane, Woodley, Stockport, Ches Cheques payable to Stockport Harriers & AC.					OKO IPH.
	Closing date for entries - 1st Nov 2014 or		f race	e limit r	eached.
	Collect race numbers and timing chips on ra				
	No number swaps after 30th November.				
Cancellation policy - In common with the vast majority of races not offer refunds or deferrals.					es we do
	afety this race. alified.				
I declare that i am medically fit to run and understand that the race organisers or the sponsors of race will not be held responsible for personal damage, loss or injury incurred before, during or after race. I am an amateur as defined by the UK Athletics rules.					
	Signed:	ate:	1	1	Fee: £