



sweatshop
WE KNOW RUNNING



PRESENT THE

TRAFFORD 10K

Sunday 9th March 2014, 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; Traffic free; 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), Non Stanford 32:40 (2013)



Entry fees	No Medal	Medal
Members of UK: Athletics affiliated club:	£12-00	£13-00
Unattached:	£14-00	£15-00

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 postal entries Tuesday 4th March 2014

Entries on the day (subject to race limit of 800) – £14/£16 Unatt

Email enquiries to: admin@altrincham-athletics.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 ukresults.net

Signed: Date: / /