



**MURRAY LAMB DEN OPEN MEETING**  
**SATURDAY 23<sup>RD</sup> FEBRUARY 2019**  
**AT THE NATIONAL SPORTS CENTRE, DOUGLAS, ISLE OF MAN.**

**PROGRAMME**

- 10.00 am - 1 km walk (male and female under 11 development race)
- 10.00 am - 2 km walk (male and female under 13)
- 10.00 am - 3 km walk (male and female under 15)
- 10.45 am - 5 km walk (male & female under 15 and over)
- 10.45 am - 10 km walk (male and female under 17 age group and over)
- 10.45 am - 20 km walk\* (male and female ages 17 and over)
- \*Entry standard for 20km walk - 2hrs 20 minutes**
- 1.30 pm - 10 km run (male and females aged 15 or over on day of race)

**N.B. There will be a limit of 60 entries per event on first come first served basis.**  
**Race walks meeting held under IAAF rules. 1km is development event only. 10km run held under UKA rules – age groups as per current rules (age groups as of 01/09/18).**  
**Registration will be at Manx Harriers clubhouse and closes 15 minutes prior to the start of each race. Call up for all events to be at the clubhouse 10 minutes prior to start.**

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**ENTRY FORM (CLOSING DATE FOR ENTRIES – SUNDAY 17<sup>th</sup> February 2019)**

**\*\* PLEASE NOTE THAT NO ENTRIES WILL BE ACCEPTED ON THE DAY\*\***

**NAME.....DATE OF BIRTH.....**  
**ADDRESS.....**  
**CONTACT TELEPHONE.....EMAIL ADDRESS.....**

**EVENT (PLEASE CIRCLE OR HIGHLIGHT) (1km /2km/ 3km/ 5km/ 10km/ 20km walk, or 10 km run.**

**NAME OF CLUB OR U/A IF NON-CLUB MEMBER.....**

**ENGLAND ATHLETICS REGISTRATION NO. (IF APPLICABLE) .....**

A signed entry form will be considered as acceptance of IAAF/UKA rules, and a declaration that you will walk/run entirely at your own risk.

**SIGNED.....DATE.....**

**ENTRY FEES:- (£4 - ALL JUNIORS UP TO U17) 5km/10km walks/10km run – (£6 STUDENTS IN FULL TIME EDUCATION) (£8 SENIOR MEMBERS OF ATHLETICS CLUBS) (£12 FOR UNATTACHED ATHLETES.)**

Please make your cheques payable to ‘Manx Harriers’ C/o 23 King Orry Road, Glen Vine, Isle of Man. IM4 4ES. Entry lists will be posted at [www.manxharriers.com](http://www.manxharriers.com)