###### vest plate

###### **murray lambden open meeting**

INCORPORATING NIHILL SHIELD - JUNIOR INTERNATIONAL MATCH

###### **Saturday 22nd february 2020**

###### **AT THE NATIONAL SPORTS CENTRE, DOUGLAS, ISLE OF MAN.**

 **PROGRAMME**

10.00 am - 1 km walk (male and female under 11/ under 13 development race)

10.15 am - 3 km walk (male and female under 15 incorporating Nihill Shield) 10.45 am - 5 km walk (male & female under 15 and over incorporating Nihill Shield)

11.30 am - 10 km walk (male and female under 17 age group and over)

11.30 am - 20 km walk\* (male and female ages 17 and over incorporating North of England championships separate entry for individuals and teams – see below)

**\*Entry standard for 20km walk - 2hrs 30 minutes**

2.00 pm - 10 km run (male and females aged 15 or over on day of race

**N.B. There will be a limit of 50 entries per event on first come first served basis.**

**Race walks meeting held under IAAF rules. 1km is development event only.10 km run held under UKA rules – age groups as per current rules (age groups as of 01/09/17).**

**Registration will be at Manx Harriers clubhouse and closes 15 minutes prior to the start of each race.**

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**ENTRY FORM (CLOSING DATE FOR OPEN ENTRIES – SUNDAY 16th February 2020)**

**\*\* 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 /3km/5km/10km/20km walks), (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)

**(Entries for North of England 20km walk championships additional £5 individual and £6 per team (for team of 3). Cheques made payable to NARWA and sent with this form to the above address. \*Please note closing date for Northern Area 20k walk championships is 27th January 2020**