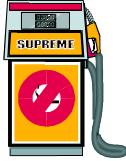
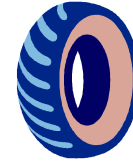


ISLE OF MAN OPEN 10Km & 20km WALK



Sponsored by:
Union Mills Garage



9.30 am Sunday 31th August 2008

at

The National Sports Centre - Perimeter Road, Douglas

Held under I.A.A.F. Rules

Permit No. 17/08/15

Organised by the Isle of Man Veteran Athletes' Club



Minimum age 15 for 10km & 17 for 20km

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Entry Form:

Forename----- Surname-----

Address-----

Tel: ----- Athletic Club -----

Date of Birth ----- Age on Race Day (Minimum 17)-----

Signature ----- Date----- Sex M/F-----

I declare that I will abide by the Race Walking Rules (category A) for competition, that I will be 15 years or over on 31st August 2008 if entering the 10Km walk or 17 years or over on 31st August 2008 if entering the 20km walk and that I enter and compete entirely at my own risk.

ENTRY FEE; Pre- entry £3 or £5 on the day

Please make cheques payable to I.O.M.V.A.C. and send to:
Marie Jackson, 1 Primrose Avenue, Douglas, Isle of Man. IM1 4EA. Tel: 611179