

*Manchester Harriers and  
Athletic Club*

# ***THE WILF RICHARDS CROSS-COUNTRY RACES***



*Saturday 16<sup>th</sup> February 2008*

*Heaton Park, Manchester - Permit No. 0708107*

***2.30 pm. 4 x 3 Miles Relay for Senior Men  
and 3 x 3 Miles Relay for Women***

PRIZES: *to first 3 men's teams; first women's team; first veterans teams; 3 fastest men;  
fastest woman; fastest veteran and lady veteran.*

ENTRY FEES: *£8.00 for first men's teams; £7.00 for further men's teams; £6.00 for all  
women's teams. Entries will only be accepted if accompanied by the appropriate fee, please.  
Cheques to be made payable to Manchester Harriers & A.C.*

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***Supporting Programme of Straight Races:***

***1.30 pm GIRLS U13 2 Miles***

***1.45 pm GIRLS U15 & BOYS U13 2 Miles***

***2.00 pm WOMEN U17 & BOYS U15 2.5 Miles***

***2.15 pm BOYS U17 2.5 Miles***

AGES: *Under UK Athletics Rules i.e. as per 1st September 2007*

PRIZES: *to first 3 A teams (3 to count); first 3 individuals in each race.*

ENTRY FEES: *£1.50 per competitor. (No team fee required.)*

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ALL ENQUIRIES TO:

*Mr G Lawson, 29 Hylton Drive, Cheadle Hulme, Cheshire, SK8 7DH.  
Telephone: 0161-485 2261 (home)*