

Important Information

The race starts and finishes at the Regional Athletics Arena at Sportcity, going around the outside of the City of Manchester Stadium, originally built for the Manchester Commonwealth Games.

Main Awards Prize List

Men

Top 10 Men Plus Veteran Categories
Teams: 2 x Teams (3 to count)

Ladies

Top 10 Women Plus Veteran Categories
Teams: 1 x Team (3 to count)

Please note you can only win a prize for the category in which you are entered.

Race Organisers decision is final (1 individual prize per person).

Please Note: All prizes must be collected at the prize giving ceremony after the race

Additional Awards

1ST Corporate Team

VETERANS: 1st Team - Male or Female (3 to count)

The Toddler Trot

Medal to all finishers. Open to all under 8 year olds. The Toddler Trot will take place entirely on the Regional Athletics Track so family and friends can watch their children in complete safety.

Corporate Challenge

In Association with **The Business Desk.com**

Why not take part in the Corporate Challenge? Get together team(s) of 3 to challenge each other - The perfect bonding exercise.

Please note : You can only run for 1 team - Either Athletics Club or Corporate Team

For further information or how to enter online please visit our website:
www.sportstoursinternational.co.uk/running/city-of-manchester-10k



CITY OF MANCHESTER 10K

'The People's Race'

9.30am Start | Sunday 4th July 2010

Run around Sportcity and
The City of Manchester Stadium

Prizes in all categories
T-shirt to all finishers, spot prizes

England Athletics - Licence Number: 100624
Run under UKA rules



POWERADE.



PLUS 'THE TODDLER TROT'

Running Holidays & Marathon Tours

Over the last 30 years, we've taken thousands of people to running holidays around the world.

Our running holidays include 10k's in **Washington & Athens** or why not consider running a half marathon in **New York, Berlin, Walt Disney World Resort in Florida, Disneyland® California & Malta**. Alternatively you could run through the vineyards of **Lanzarote in the Wine Run**.

To get ready for the big day, we also run warm weather training camps specifically for your needs at **Club La Santa in Lanzarote**.

If you want to combine your running holiday with a chance to raise money for a charity, you will be pleased to know that we work with many charities to offer places in some of the more sought after marathon events, such as the **ING New York City Marathon**.

For more information on all of the above and lots more please visit www.sportstoursinternational.co.uk where you can sign up for our newsletter and receive regular information on all future events.

T : 0161 703 8161

E : sales@sportstoursinternational.co.uk

www.sportstoursinternational.co.uk



dad's time



mum's time



kid's time

It's All About Family Fun And Fitness!



Situated on the breathtaking, north west coast of Lanzarote, the resort features over 25 different sports, and free group instruction and entertainment is available.

While mum and dad get in some training or relax by the lagoon, children will be well looked after by The Green Team.

There is a daily playtime for the very young (from 3 years-old) and the older children can take part in special classes and group instruction to learn a new skill like windsurfing or badminton, or maybe improve their tennis or swimming stroke!

Enjoy the Club La Santa Lifestyle

www.clublasanta.co.uk Tel: 0161 790 9890



Club La Santa is protected by the ATOL arrangements when you book your holiday or travel, that includes flights and accommodation. Our ATOL number is 2711. Where you book a non-air inclusive holiday, and we act as the principal, your money is financially protected by our ABTA bonding arrangements. Our tour operating ABTA number is V1479.

Run For Your Charity

Although it is not compulsory to run for charity, many people choose to do so. Please find listed below the nominated charities. If you wish to run and support any of the below please tick the box against your choice and a sponsorship form will be forwarded accordingly.

For more information on the charities visit the website:

www.sportstoursinternational.co.uk/charity and follow the link to all nominated charities.



Lord Mayor of Manchester Charity Appeal Trust

The Lord Mayor's Charity Appeal Trust, a registered charity, helps alleviate the effects of poverty within the city.

To date thousands of pounds have been donated by the Trust to a variety of needy causes in the City, helping the young, the sick, the infirm and the elderly.

No matter how small or how large a donation, it counts towards improving life for the inhabitants of the City of Manchester.

www.manchester.gov.uk

Email: anita.scallan@manchester.gov.uk

Tel: 0161 234 3375



Cystic Fibrosis Trust

Funding research into finding an effective treatment for Cystic Fibrosis as well as ensuring that more than 8,500 people with CF in the UK receive the very best possible care, treatment and support.

www.cftrust.org.uk

Email: events@cftrust.org.uk

Tel: 0300 373 1064



Francis House

Skilled nursing care for children in a homely, happy and secure place.

www.francishouse.org.uk

Email: kate.puc@francishouse.org.uk

Tel: 0161 443 2200



Key 103's Cash for Kids

Key 103's Cash for Kids is a local charity raising funds to support disadvantaged children across Greater Manchester. Every penny raised stays local.

www.key103.co.uk/charity

Email: emma.brown@key103.co.uk

Tel: 0161 288 5195

10K : Entry Fee £17 / £15 for Club Runners (inc. chip timing) 'The Toddler Trot' : Entry Fee £3

NO ENTRIES ON THE DAY - Closing date 27th June 2010

Please fill in this entry form in BLOCK CAPITALS, detach and return to:

Sports Tours International 91 Walkden Road Manchester M28 7BQ

Tel : 0161 703 5806 email: grahamj@sportstoursinternational.co.uk

Cheques made payable to: Sports Tours International Ltd.

Please note that the course is not suitable for wheelchair athletes. Licence Number: 100624

I would like to enter (please Tick) City of Manchester 10K The Toddler Trot

Surname: _____

First Name: _____

Address: _____

Postcode: _____

England Athletics Membership N°: _____

Corporate Team Name (3 to count): _____

E-mail: _____

Date of Birth: _____ / _____ / _____ Male : Female :

Affiliated Athletic Club: _____

Unattached:

Vet Category (please circle):

Male:	V40	V45	V50	V55	V60	V70		
Female:	V35	V40	V45	V50	V55	V60	V70	

I declare that I am an amateur as defined under 'England Athletics' rules. I understand the organisers will not be held responsible for any injury, loss or harm resulting from taking part in the City of Manchester 10k / The Toddler Trot.

NB : Any photography on the day may be used for promotional purposes.
I will receive regular race updates through the Sports Tours International newsletter.

Signed: _____

(by parent / guardian if under 17)

N.B - Minimum age for male and female entries is 15

Date : _____ / _____ / _____

CHECK LIST TO BE RETURNED

Completed entry form & cheque

Plus you MUST include an A4 SIZE Self addressed envelope with stamps totalling £1.

You will then receive your Race Number / Race Chip / instructions booklet inc directions.