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36TH ANNUAL 'MYPROTEIN' PRESTON 10 MILE ROAD RACE

Sunday 19th November 2017

Inc. Lancashire 10 Mile Road Championship

CourseFlat 2 lap UKA measured course. ** Chip Timing **Start Time10.00amVenueHutton Grammar School, Hutton, Preston, PR4 5SNEntriesRace open to all runners over 17 years of age on race dayEntry Fee£16 for affiliated club runners. Unattached runners £18Entries on the day only available if entry limit not reached£2 extra

Entry Online only at www.bookitzone.com/preston_harriers/1J2FFX

Race numbers to be collected before 9.30am on race day

PRIZES

Course Record Sponsored by SPAR (A) £250 Men & Women

1st—3rd Men. 1st MU20, MV40, MV45, MV50, MV55, MV60, MV65, MV70 1st—3rd Ladies. 1st WU20, WV35, WV40, WV45, WV50, WV55, WV60, WV65 Teams 1st Men & Women Team (3 to Count) Prize list may be amended depending upon race entries Technical Race T-Shirt & Medal to all finishers



Course Record - Men 49:43 Women 58:05

Further Information www.prestonharriers.co.uk Email: prestonharriers70@gmail.com



No Headphones



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www.humankinetics.com

HUMAN

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www.localspar.co.uk

Lawrence Hunt & Co. Ltd.

Course Measurement Certificate 15/157

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