

# Willowfield Harriers

10,000m Road Race & Fun Run

SEELEY CUP

Incorporating the NIAF & NI Veterans 10,000m Road Championships

Sponsored by



Saturday 2nd December 2006 - Ormeau Park, Belfast at 2.30pm

*Fast, flat and accurately measured course*

**T-shirts for all finishers**

**Registration**  
**Changing**

Please note. Registration will be near the start in Ormeau Park.

Owing to the refurbishment of Ormeau Recreation Centre, changing facilities will not be available before the event so competitors are requested to come to the event already changed.

Showering and changing facilities will be available after the event at Queen's PE Centre - Botanic Gardens (approx 1km from the finish)

**Prizes:**

10,000m individuals - 1<sup>st</sup> £150, 2<sup>nd</sup> £75, 3<sup>rd</sup> £50

First 3 male teams of 6

First 3 female teams of 3

Next 4 individuals not included in above

Veterans Prizes - 1<sup>st</sup> & 2<sup>nd</sup> over 35, 40, 45 and 50

1<sup>st</sup> over 55 and 60

+ Age Group Medals from NI Veterans Association

First 3 ladies (1<sup>st</sup> Lady £150)

First 2 Lady Veterans

First Junior man (under 20 on 31.12.06)

**Fees**

£5.00 registered, £6.00 non-registered, £7.00 on the day

**Entries and**  
**Fees to**

Pre Entries to: John Allen, Athletics House, Old Coach Road, Belfast, BT9 5PR

Telephone: 028 9060 2707

*Cheques to be made payable to Willowfield Harriers*

Entries will be accepted on the day at the higher rate

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SEELEY CUP - Saturday 2 December 2006 *Please remember to enclose payment*

Name \_\_\_\_\_ Male/Female

Address \_\_\_\_\_

Tel: \_\_\_\_\_ Club: \_\_\_\_\_

Category: Open  Under 20  Veteran

If veteran please state age group \_\_\_\_\_