

## Registration 2010

Pre event registration will be open very soon:

You can either enter via the print & post application form or via the Runners World web site.

The earlier you enter the more entry discount you get.

You can enter on the day at the registration desk situated outside the indoor athletics arena at SportCity.

On the day entry is:

£50 individual

£150 for a team of three

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Take part in and conquer this unique urban adventure race and in the process raise funds for good causes. You'll run, ford a water obstacle and scramble/dangle through an urban obstacle course... and you'll not forget it or regret it!

Participants will negotiate a series of tough obstacles around a challenging, invigorating obstacle course in Sportcity and the Philips park. The Urbanathlon 2009 will be 5km and can be carried out as a solo or as a 3-person team, you can run together or seperately, all times add up for a combined team tuime. Minimum age is 14yrs, a team can have any mix of male / female & apart from Junior Team category any mix of ages in a team is allowed:

All standards are welcome from families, fun runners, cahrity runners and weekend warriors! Each competitor will receive a commemorative event T-shirt & a one-off Urbanathlon medal.

Urbanathlon is also a feature of the 'Party in the Park' festival that is held in Phillips Park after the race, in 2009 over 5,000 people attended this festival!

There are Mega team prizes for the following categories, remember this is a team of three runners, this can be any mix of male / female & apart from Junior Team category any mix of ages is allowed:

Team prizes &ndash; Winners & Runners Up

§ Corporate Team

§ Uniformed Service Team

§ Community Team

§ Charity Team

§ NHS Team

§ University Team

§ Junior Team (all 3 must be 14yrs to 16yrs)

\*Please note that there are no individual prizes for the 2010 event.

## RACE DISCLAIMER

To view the Urbanathlon race disclaimer please select the following link:

"Race Disclaimer"

To download a printable version of the race disclaimer please select the following link:

"Urbanathlon Disclaimer: Sunday 2nd August 2009"

## NOMINATED GOOD CAUSES

The Urbanathlon nominated good causes are part of the Medlock Valley initiative. For more info check out:  
<http://www.medlockvalley.info>

Funds raised from Urbanathlon will support two excellent East Manchester community organisations:

The Friends of Philips Park <http://www.philipspark.org.uk/>

The Friends of Clayton Vale <http://friendsofclaytonvale.org.uk/>

Urbanathlon Manchester is also proudly supporting the national charity 'Street Games' (charity No: 1113542) that delivers much needed sport to disadvantaged communities. For more info: <http://www.streetgames.org.uk>