

TEN^K TRAIL RACE AT MANLEY SPRING FAIR



SPARTAN TEN THOUSAND

WWW.DELAMERESPARTANS.ORG.UK/TEN-THOUSAND

BANK HOLIDAY MONDAY 4TH MAY 2015

Spartan Ten Thousand & Manley Spring Fair

RACE DETAILS

Thank you for your entry to the Spartan Ten Thousand on **Monday 4 May 2015**. The Race starts at **12.30pm**. Registration opens at **11.00am**.

The course is a fairly demanding 10km trail race in nearby Delamere Forest. The start and finish will be from the Spring Fair and will head off to the Forest along New Pale Road. Approximately 2km of the course is on quiet country lanes and 8km on trails and tracks in the forest. There will be a road closure in Manley throughout the day – in part to facilitate the race. If approaching from the A54/B5393 through Ashton Hayes and Mouldsworth please ignore the 'Road Diversion' signs and continue along the road towards Manley where you will find the Car park indicated on the map.

Toilets and basic changing facilities are available in Manley Village Hall.

All competitors will receive water, snack and 'goody bag' on completion of the race. There are extensive refreshments available at the Spring Fair including hot and cold food. There will also be a licensed bar in Manley Village Hall.

There are 3 Car Parks available for the Spring Fair and Race Competitors – see the attached diagram for details.

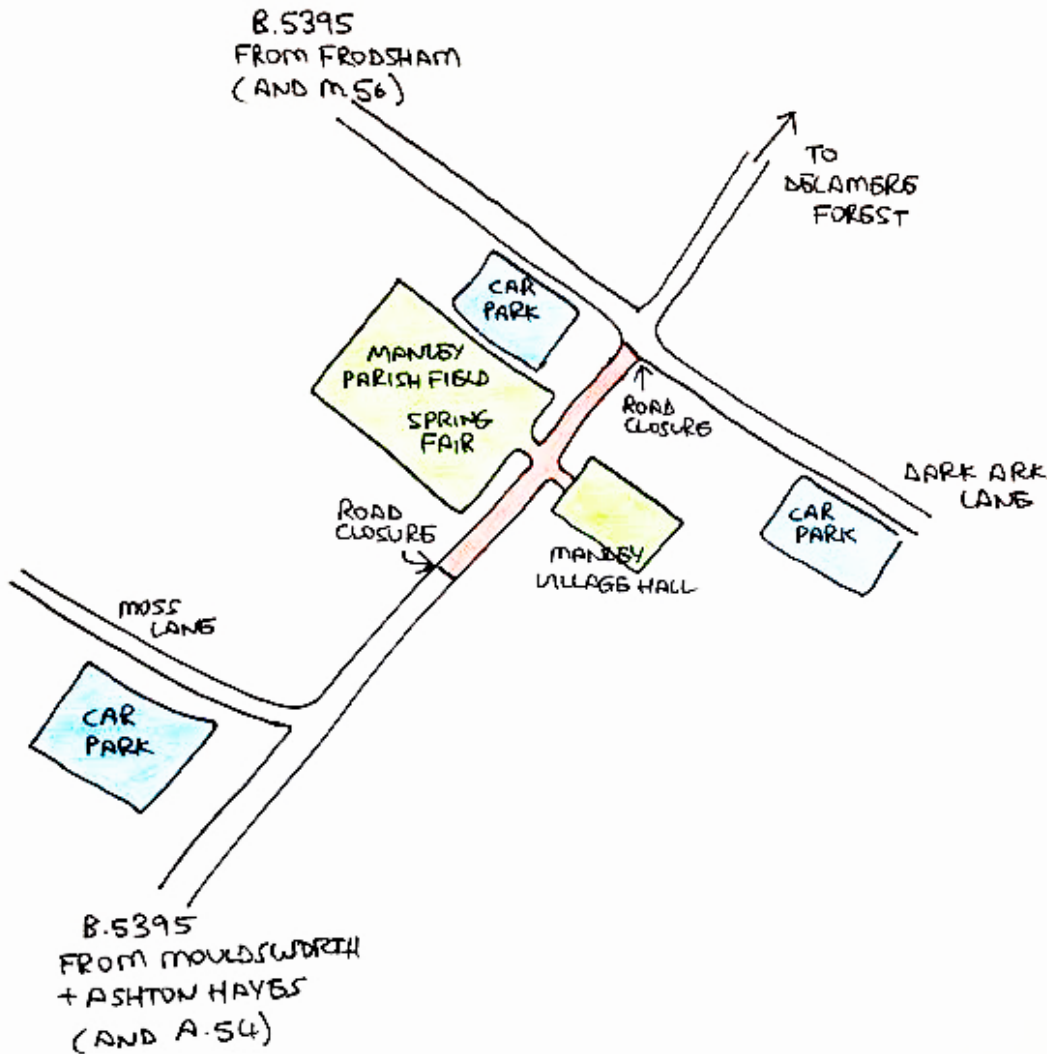
Further information can be obtained from Steve Frood on 01928 740365 or stephen_frood@btconnect.com

MANLEY SPRING FAIR

The Spring Fair opens at **10.30am** – with a wide range of attractions for all the family. Entry is free for race entrants, £3 for other adults and children are free. Proceeds from the May Fair go towards Alvanley and Manley Church. The Fair closes at 3.30pm.

There will be a wide range of refreshments available throughout the day including a BBQ tent, sandwiches, cakes and drinks.

Further details about the Spring Fair are available on the attached 'flyer' or on www.manleyspringfair.btck.co.uk



ALVANLEY & MANLEY CHURCH SPRING FAIR

May Day Bank Holiday Monday
4th May 2015
From 11.00am onwards on
Manley Parish Field

A FUN DAY OUT FOR ALL THE FAMILY

COME ALONG AND ENJOY SOME NEW ATTRACTIONS:

Donkey Rides • Falconry Display • Children's Magic Show

PLUS the Delamere Spartans 10K Race

Music from Western Swing Band -The Rip Roaring Success

Maypole Dancing • Vintage Fire Engine • Five a side Football,

Basketwork demonstrations • Dog Show • Tug o' War

PLUS MORE NEW STALLS AND REFRESHMENTS

IN THE VILLAGE HALL



Sponsored by
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Visit our website at www.manleyspringfair.co.uk or find us on Facebook **f**
ADMISSION £3, FREE for accompanied Children and FREE CAR PARKING