



We Serve

27th Congleton Lions Run Day

9:30am Sunday 10th October 2010



THE STING-IN-THE-TAIL CONGLETON HALF MARATHON

Undulating, scenic course. Part of the NSRRA Race Programme.
Full course amenities, UK Athletics rules/permit and accurately measured course.
Free Race T-Shirt and medal guaranteed for all Half Marathon FINISHERS



ECONOMY AND NEXT DAY, PALLETISED DISTRIBUTION

Half Marathon
Prizes:

Men: 1st 10, 1st 3 V40, 1st 2 V45, 1st V50, 1st V55, 1st V60, 1st V65, 1st V70
Women: 1st 5, 1st 3 V35, 1st 2 V40, 1st V45, 1st V50, 1st V55, 1st V60, 1st V65, 1st V70

Also **QUARTER MARATHON** (medal for each finisher)

Enquiries to: congleton.lions@uwclub.net or 07973 906911 or at www.congleton-harriers.co.uk.
Postal entries to: 9 Higginson Close, Congleton, Cheshire, CW12 3SU, cheques payable to "**CONGLETON LIONS CLUB**".
Online entries with secure credit card payment are also available via the above web site.

Closing date for all pre-entries 14th September 2010. Please include an A5 9" x 6" SAE for issue of your race number.
On the day registration and race start is at Congleton High School, Box Lane, Congleton, CW12 4NS

PLEASE HAVE RESPECT FOR LOCAL RESIDENTS – PARK CAREFULLY AND AS DIRECTED BY OUR MARSHALS
In the interests of safety, **NO** MP3 Players to be worn by runners please.
T-shirts (for Half Marathon only) must be collected on the day **as you finish, adjacent to the water table.**

****PLEASE NOTE** - We are happy to allow any pre-registered runner to SWAP NUMBERS without additional charge, however you MUST ask your substitute to re-register by completing a new entry form on race day.**

Forename:			Surname:		
Address:					
				Post Code:	
Phone:		Gender:	M / F	Age on Race Day:	
Email (please print clearly):				Date of Birth:	
Half Marathon (min age 17)	Unattached £14		Attached £12	All on the day entries £1 extra	
Quarter Marathon (min age 16)	Unattached £7		Attached £5		
UKA Registration No:			Club or "Unattached":		
NSRRA Registration No (Half only):					

Please enter me in the Congleton Lions Run-Day event as shown. I am medically fit and understand that I enter at my own risk and that the organisers will not be held responsible for any injury or illness incurred during or as a result of the event or for any property lost or damaged on the course or in the changing area. I am an amateur according to the UKA rules.

OFFICIAL USE ONLY

Signature: Date:

Please make sure to enclose your signed form, signed cheque and 9"x 6" SAE for issue of your race number.
Supported by Cheshire East Council, RAYNET, St John Ambulance & Cheshire Police
NOTE: You are welcome to use this event to raise money for YOUR favourite charity