



SWANAGE HALF MARATHON

Saturday 17th July 2010

START: 10:00am



UKA Permit No. 2010-0051
Course ACC Cert 09/056

UNDER UKA RULES

Course not suitable for Wheelchairs

Medical cover, Standard Level 2

Changing facilities near start

No dogs or children's buggies are allowed to accompany the runners

CATAGORIES

OVERALL WINNER TO WIN THE CHALLENGE CUP

<u>MEN</u>	<u>LADIES</u>
FIRST MAN	FIRST LADY
MEN -40 to 3 rd place	LADIES -35 to 3 rd place
MEN 40+ to 2 nd place	LADIES 35+ to 2 nd place
MEN 50+ to 2 nd place	LADIES 35+ to 2 nd place
MEN 60+ to 1 st place	LADIES 55+ to 1 st place
Team 4 to score	Team 3 to score
1 st LOCAL MAN	1 st LOCAL LADY
WITH BH19 POSTCODE AND IS PERMANENT RESIDENCE	WITH BH19 POSTCODE AND IS PERMANENT RESIDENCE

Entry Fees

Pre-Registered:	Affiliated runners - £9.00	Unaffiliated runners - £11.00
Race Day:	Affiliated runners - £10.00	Unaffiliated runners - £12.00

No entries will be taken after 9:00am on the day of the Race

Please make cheques payable to Swanage Regatta & Carnival

You must be 17 years or over on day of race – proof of age may be asked for.

Closing date for postal applications is 10th July 2010

Please send entry form to: Linda Welsh. Withy Lakes, Betcher Farm, Church Knowle, Wareham, Dorset, BH20 5NG.
Tel: 01929481342/07875142227

Please include a self addressed stamped C5 envelope for your number.

www.swanagecarnival.com

Name: Age and DOB..... Sex.....

Address:.....

Postcode:.....email:.....Telephone:.....

UKA/Affiliated Club:.....
(or state unaffiliated)

Category to compete in:..... Race No.

I DECLARE THAT: I am fit to compete and will abide by the UK Athletics rules for competition. I accept that the organisers shall not be liable for any accidents (including death), injuries, loss or damage as a consequence of my participation in this event.

Signed:.....Date:..... Unsigned entries will not be accepted