

Congleton Lions Run Day Silver Anniversary

9:30am start Sunday 5th October 2008

THE STING-IN-THE-TAIL CONGLETON HALF MARATHON

Undulating, scenic course. Cheshire 2008 Half Marathon Championship and a NSRRA Race.
Full course amenities, UK Athletics rules/permit and accurately measured course.
Free Race T-Shirt guaranteed for all Half Marathon entries received before the closing date.



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

Also **QUARTER MARATHON** and **FUN RUN** (medals to all finishers)

Enquiries to: congleton.lions@uwclub.net or 01260 297222 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 13th September 2008. Entries received after this date will be returned.

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

Race numbers and T-shirts (**Half Marathon only**) must be collected **on the day** from registration (Congleton High School, Box Lane, Congleton, CW12 4NS). For entry confirmation, please specify an email address or enclose an SAE.

****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.**

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Forename:			Surname:		
Address:					
				Post Code:	
Phone:		Gender:	Male / Female	Age on Race Day:	
Email:				Date of Birth:	
Half Marathon (min age 17)	Unattached £14	Attached £12		Fun Run £2	
Quarter Marathon (min age 16)	Unattached £7	Attached £5	All entries £1 extra on the day		
UKA Registration No:			Club or "Unattached":		
NSRRA Registration No:			T-Shirt Size (Half M ONLY):	S / M / L / XL (please circle) (default large)	

Please tick if you wish to enter the Cheshire 2008 Half Marathon Championship. To qualify you must:

a) Have been born in Cheshire OR b) Resident in Cheshire for last 9 months AND
Have not competed for, or in the Championships of, another County in the last year.

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:

From ukresults.net

Supported by Congleton Borough Council, RAYNET, St John Ambulance & Cheshire Police
NOTE: You are welcome to use this event to raise money for YOUR favourite charity