

Start Fitness

19th Great North West Half Marathon

In association with Hilton Blackpool
Run under ARC Rules Permit No



Sunday 22nd February 2009- 11.00 am
Two Lap Course - Run on Lower Promenades & Upper Cycle Ways

Race Headquarters-Hilton Hotel North Promenade
Secured Baggage Area – Sports Massage – Toilets

Start on Promenade – Finish Middle Walk
Route Between North Pier & Little Bispham -Totally Traffic Free

Commemorative Medal & T-Shirt to all Finishers

PRIZES

1st Three Men/Women

1st Vet M40/45/50/55/60/65/70 - F35/40/45/50/55/60/65

RACE LIMIT 1500 (fills up early-no entries on day)

Entry Fees: £15 ARC/UKA Affiliated - £17 unattached (Cheques payable to SRH Promotions)
Entries To: SRH Promotions 55 Poulton Road Blackpool FY3 7DS
Min Age: 17 & over on Day of Race
Postal Closing Date: Saturday 7th February 2009 earlier if limit reached.

Enclose a suitably sized and stamped envelope for race number/final instructions.

If not supplied race packs to be picked up on the day before 10.30am

Race Packs will be sent out for all Runner's World & ukresults.net online entries

ENTRY FORM (GNW09)

Name Male/Female..... Age on Day.....

Address
..... Post Code.....

Club T-Shirt Size Med Large X/Large (circle)

Declaration:

I declare that I am an amateur and take part in the event agreeing to the rules and decisions of the organisers. I furthermore take part at my own risk, being medically fit to do so and will not hold the organisers responsible for any injury, sickness or loss as a result of my taking part. In the unlikely event of abandonment I understand and agree all or part of my entry fee may be not be refunded and offset against race costs and administration.

Ukresults.net

Signed Date

Once numbers have been distributed, these should not be given to any other runner. This practice causes Health & Safety problems and can effect the overall results for individuals and veteran categories. Numbers can be re-located to other competitors at any time leading up to the event and on the day before 10.30 am