

# 26<sup>th</sup> Congleton Lions Run Day

9:30am Sunday 11<sup>th</sup> October 2009

## 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 guaranteed for all Half Marathon entries received before the closing date.**



Half Marathon  
Prizes:

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

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

Enquiries to: [congleton.lions@uwclub.net](mailto:congleton.lions@uwclub.net) or 01260 297222 or at [www.congleton-harriers.co.uk](http://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 19th September 2009. 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.

All race numbers and T-shirts (**for Half Marathon only**) must be collected **on the day** from race registration (Congleton High School, Box Lane, Congleton, CW12 4NS). If you require entry confirmation, please specify an email address.

**\*\*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:	<input type="text"/>	Surname:	<input type="text"/>
Address:	<input type="text"/>		
		Post Code:	<input type="text"/>
Phone:	Gender:	M / F	Age on Race Day: <input type="text"/>
Email (please print clearly):	<input type="text"/>	Date of Birth:	<input type="text"/>
Half Marathon (min age 17)	Unattached £14	Attached £12	Fun Run £2
Quarter Marathon (min age 16)	Unattached £7	Attached £5	<b>All entries £1 extra on the day</b>
UKA Registration No:	<input type="text"/>	Club or "Unattached":	<input type="text"/>
NSRRA Registration No (Half only):	<input type="text"/>		

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:

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