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MSC (UK) FELIXSTOWE HALF MARATHON AND FUN RUN

SEAA permit no. 10467
Course measurement certificate no. SEAA04/033

Organised by
FELIXSTOWE ROAD RUNNERS
www.frr.org.uk



Sunday 4th October 2009 at 11 a.m.

Race Director:
Annabel Bennett

Prizes (one per individual category)

£100 1st male and female
£50 2nd male and female
£25 3rd male and female
1st male vet 40+, 50+, 60+
1st female vet 35+, 45+, 55+
1st and 2nd male team of 3
1st and 2nd female team of 3



Regular water stations
Shower, toilet, and changing facilities
Secure baggage area
Mile markers and marshals
Race limit **600**
Memento for all finishers

Under UK Athletics rules

£250 prize for new course record

Course records: Paul Evans (1994): 1.05:25, Sally Eastall (1992): 1.15:05



Entry Form

Entry fees

Affiliated £10.00
Unattached £12.00
On the day + £2

Fun Run entries
on the day

First name..... Surname.....

Age..... Date of birth..... Sex.....M / F License no.....

First claim affiliated club.....

Address.....

..... Postcode..... Email address.....

Home telephone..... Daytime telephone.....

Personal best for half marathon..... Where achieved.....

Please enter me for the MSC(UK) Felixstowe Half Marathon. I am medically fit to run and understand I enter at my own risk. The organisers will in no way be held responsible for any injury during, or as a result of, the event or for any property lost on the course or in the Start/Finish area. A signed entry form will be considered acceptance of UK Athletics rules.

Closing date for postal entries –25th September 2009. **Include large SAE (15cmx23cm with appropriate postage)**

Send to: Tim Finegan, 16, Cliff Road, Felixstowe, Suffolk IP11 9PJ

I enclose a cheque for £..... payable to:

FELIXSTOWE ROAD RUNNERS

Signed.....

Date.....