

Joe Cox Half Marathon 2010

Entry Form

Please complete, sign and date the entry form below writing in clear capital letters. Enclose your cheque for £9 (affiliated) or £11 (un-affiliated) payable to 'STOWMARKET STRIDERS'.

Gender: Male Female

Surname:

Forename:

Address:

Town:

County: Post Code:

Telephone/Mobile:

E-Mail address:

Date of Birth: Age on Race Day:

UKA Licence No.:

Affiliated Club:

Medical and emergency contact details:

Declaration:

I agree to abide by the rules of UK Athletics and the event. I understand that I enter the race at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I understand the organisers reserve the right to delay, postpone, cancel, or not officially time the race in the event of adverse weather conditions or other events outside the organiser's control. The determination of what constitutes this is reserved solely to Stowmarket Striders. Photographs of the race will be taken for publicity purposes. I understand that my image may be used and give permission freely for it to be used. All information will be held in accordance to the Data Protection Act.

Signed: Dated:



Entries can also be made online through the clubs website:
www.stowmarketstriders.org.uk

Stowmarket Striders

JOE COX HALF MARATHON

Including Junior Fun Run



Sunday 28th March 2010 – Starts 11:00 am

Buxhall, nr Stowmarket, Suffolk

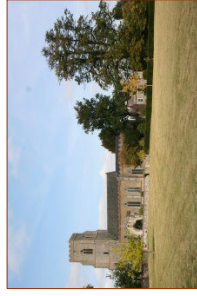
Sponsored by

TOMLINSON GROUND CARE

The Stowmarket Striders are proud to host the Joe Cox Half Marathon on Sunday 28th March 2010 starting at 11:00am. Due to the growth in this event, we have moved to a new venue at Tomlinson Groundcare in Buxhall. Proceeds from the race go to the Multiple Sclerosis Charity.

Venue

Parking, race registration, start and finish is at Tomlinson Groundcare, Hall Orchard, 1 Brettenham Road, Buxhall, Stowmarket, Suffolk, IP14 3DL. The venue in Buxhall is located three miles west of Stowmarket past Gt. Finborough. Ample parking is available at Tomlinson Groundcare by following the signs and marshal instructions. Please do not park on the road or at the church.



Buxhall Church nr the race start

Facilities

Refreshments and toilets will be available. Sports Masseurs will be in attendance to offer pre and post race sports massage.

Race Details

The Half Marathon race is open to all entrants aged 17 years or older on race day. The course is suitable for racing wheelchairs. The route takes in some of Suffolk's quietest rural country roads through undulating scenic countryside. The course closes at 2:00pm. The race is held under UKA Rules, licence number applied for.

Prizes & Mementos

All runners completing the 13.1 miles will receive a medal. Prizes will be awarded as follows:-

- 1st Male / 1st Female £50 prize money
 - 2nd Male / 2nd Female £25 prize money
 - 3rd Male / 3rd Female £10 prize money
- Age category trophies will be awarded as follows:
- 1st Male veteran over - 40, 45, 50, 55, 60+
 - 1st Female veteran over - 40, 45, 50, 55, 60+
 - Team prizes 1st 3 male & 1st 3 female for each team prize

Course Record

As this is a new course, there are no course records. However, the course is very similar to previous years with records held by:

- 1st Male Tom Kingsnorth 1:13:53
- 1st Female Jo Wilkinson Bedford County 1:15:09

Junior Fun Run (starts at 10:15am)

There is a junior fun run of 1 to 3 kilometre laps, dependant on age, on a traffic free course within the grounds of the venue. Entries for the junior fun run will be taken on the day only.

Further Information

Further information and email contact details can be found on the club's website at www.stowmarketstriders.org.uk. On race day, we can be contacted on 01449 736060.

Our next races are the Stowmarket Striders Friday 5 on 11th June 2010 and the Stowmarket Striders Scenic 7 on Sunday 14th November 2010

Entries

Send your completed entry form together with your entry fee and a self-addressed stamped envelope to:-

Chris Chaplin, Race Director, 1 Lowry Way, Stowmarket, Suffolk, IP14 1UE
Telephone: 01449 675512

Please note: if no self-addressed stamped envelope is provided, your race number will not be sent to you in advance of the race. Entries can also be taken through the club's website.

Entry Fees

Runners who are members of a UK Athletics affiliated club or can provide an Athletics Competition Licence number pay £9 for the postal entry fee. Should you not be a member of an affiliated running club or hold an England Athletics competition licence then you are not eligible for the £2 discount. Un-affiliated runners postal entry fee is £11. All entries on the day will cost an additional £1. Cheques are to be made payable to 'STOWMARKET STRIDERS'.

Closing Date

Closing date for all postal entries is Monday 22nd March 2010 or when our race limit is reached. Entries will be accepted on the day up to this limit.

Course Map

This is a certified accurate half marathon distance. A course map is shown below that is run in an anti-clockwise direction. The route follows a smaller lap down Mill Road and back past the start before heading out on the larger loop.

