

Stowmarket Half Marathon

in memory of Joe Cox



Incorporating the Suffolk County Grand Prix Series
11am Sunday 25th March 2012

Buxhall, nr Stowmarket, Suffolk

Race held under UKA rules, licence number applied for
 Course Accuracy Certified

Chip Timed



License No:
 2012-103009

*The perfect Half Marathon in rural Suffolk
 Countryside*

The Stowmarket Striders are proud to host the Stowmarket Half Marathon. In memory of Joe Cox, proceeds from this race go to the Multiple Sclerosis charity.

Parking, race registration, refreshments, toilets, 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.

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. Use of audio headphones whilst competing in our race is strictly prohibited due to traffic safety reasons. Those spotted by a marshal will be disqualified.

Monetary prize awards to first three male and female finishers. Trophies for age category winners are awarded. Team prize awards goes to first club and social/corporate team. Every finisher receives an event memento and goody bag.

There is a junior fun run of 1 to 3 kilometres, dependant on age, starting at 10:15am. Entries for the junior fun run will be taken on the day only.

See the Stowmarket Striders website for full event details and online entries.

www.stowmarketstriders.org.uk/StowHalf.shtml

Please collect race chip and number on the day at Race Headquarters

Sponsored by



Stowmarket Half Marathon 2012

Entry Form

Please complete, sign and date the entry form below writing in clear capital letters. Enclose your cheque for £12 (affiliated) or £14 (un-affiliated) payable to 'STOWMARKET STRIDERS'. **Closing date for postal entries is Monday 19th March 2012** or when the race limit is reached. Entries on the day will cost an additional £2.

Send your completed entry forms together with your self-addressed stamped envelope to: Denise Wright, Race Director, Bacton Lodge, Rectory Road, Bacton, Stowmarket, Suffolk, IP14 4LE. (email: racedirector@stowmarketstriders.org.uk)

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:

Wheelchair Entrant? (Please tick if Yes)

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: