



# East Retford Rugby Club

## Half Marathon



**Incorporating the Nottinghamshire County Championship Race.**  
*Eligibility: Entrant must have been born or living in the county for at least 9 months, and has not competed at this distance for any other county championship race of this distance within 12 months.*

**Plus Family Fun Run (approx 2 miles)**

**Sunday 21<sup>st</sup> March 2010 Starting at 10.00am**  
**Family fun run (approx 2 miles) Start at 10.15am**

East Retford Rugby Club (<http://official.sportnetwork.net/main/s451.htm>)

**EAST RETFORD RUGBY CLUB, ORDSALL ROAD, ORDSALL, RETFORD DN22 7PW**

Held under UK Athletic Rules: Accurately and certified measured course. Race permit applied for.

- Prizes and Trophies for the first three Men and first three Ladies
- County Championship category winners' awards.  
(Male: S, V40-49, V50-59, Over60. Female: S, V35-44, V45-54, Over 55)
- Trophy for each Female and Male Veteran Category (only one individual prize and trophy per runner)
- T-shirts to all entrants completing the half marathon
- Prizes for the first three home in Fun Run and medals for all entrants completing the Fun Run

Course Records: Andrew Aked of Rotherham Harriers in 1:08:08 (2003). Helen Cawthorne Redhill RR 1:21:00 (2002)

### Entry details:-

Minimum age 17 years for the Half Marathon. Fun Run minimum age 7, any under 10 must be accompanied by an adult.

**Entry Fee Half Marathon:** Affiliated £12.00 Non-Affiliated £14.00 Entries on the day plus £2.00.

**Entry Fee Fun Run** £2.00 **Closing Date for Postal Entries 13<sup>th</sup> March 2010**

**Race Entry Limit 500. Enter early to avoid disappointment.**

### PLEASE COMPLETE CLEARLY USING BLOCK CAPITALS

Race	Half Marathon <input type="checkbox"/>	Fun Run <input type="checkbox"/>	County Championship Tick Here <input type="checkbox"/>
Surname	Forename		
Age	Male <input type="checkbox"/>	Telephone	
	Female <input type="checkbox"/>		
Address		Emergency Contact telephone Number	
E Mail Address			
Running Club (Affiliated)	Membership No.		

I enclose my cheque/PO for £..... made payable to **East Retford RUFC**.

I declare that I am an amateur and agree to abide by U.K.A. rules where appropriate. I also certify that I am medically fit to run in this event. I agree that the organisers will in no way be held responsible for any injury, loss or illness to my person during or as a result of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Return this completed form with payment and a sufficiently stamped SAE envelope to:**

12 Broomhill Avenue, Worksop, Notts, S81 7QP Tel:07941686247 or 01909 500898

Email queries to [RetfordHalf@googlemail.com](mailto:RetfordHalf@googlemail.com)