



East Retford Rugby Club



Half Marathon

Plus Family Fun Run (approx 2 miles)

Sunday 21st 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
- 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 13th 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"/>
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