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MSC (UK) FELIXSTOWE HALF MARATHON AND FUN RUN

SEAA permit no. 7288
Course measurement certificate no. SEAA04/033

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



Sunday 30th September 2007 at 11 a.m.

Race Directors:

Elaine Brinkley, 20 Trimley High Road, Felixstowe, Suffolk, IP11 9QX

Anne Oliver, 30 St Georges Road, Felixstowe, Suffolk, IP11 9PL

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 500
- Memento for all finishers

Under UK Athletics rules

Part of the Suffolk Championships

£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	£9.00
Unattached	£11.00
On the day	+ £1

Fun Run entries
on the day

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

Age..... Date of birth..... Sex.....M / F

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 – 19 September 2007. Enclose **SAE must be at least 9" x 6"**
Joy Griffiths, 5 Croutel Road, Felixstowe, Suffolk, IP11 7EF.

I enclose a cheque for £..... payable to:
FELIXSTOWE ROAD RUNNERS

Signed.....

Date.....

Enter me for County Championships?

Qualification:

Born in Suffolk

9 months continuous residence

(see UK:A Rules for Competition, Rule 10)