

Lake Vyrnwy Half Marathon

1pm Sunday ...remembering Doug
12th Sept 2010



SUPPORTED BY:



RYBROOK SHREWSBURY



Entry Fees: £15 UK:A Registered or £17 Unattached. Cheques payable to: Lake Vyrnwy Road Races.
Entries to: Margaret Morris, 27 Whittington Road, Oswestry, Shropshire SY11 1JD. 01691 653338
Closing Date: 02 Aug 2010, or when the race limit is reached, after which entries will regrettably be returned. Minimum age is 17 years. Race numbers are not transferrable. After acceptance entry fees are not returnable. No entries on the day. There will be no walking event this year. Please note this is a 'no ipod/mp3/personal stereo' event. Entries close when the 1800 limit is reached.
This will be announced on www.oswestryolympians.co.uk - seniors page

Prizes:

Winners £300 Male & Female
Runners up £200 Male & Female
Third Place £100 Male & Female

Also:

£100 to Course Record Breakers

Plus:

First Male Veteran £50
First Female Veteran £50
4th to 10th: Cash Prizes for Men
4th to 10th: Cash Prizes Females
& Prizes to all age groups.



Organisers: Llanwddyn Parish Church Council
Race Director: Margaret Morris 01691 653338

Detach here

Enter early to avoid disappointment. Due to restricted parking please try to travel with others to the race.

Surname			First Name		
Date of Birth	Age on Race Day	M or F	Best recent time for distance		
UK:A Club or state Unattached (i.e. not a member of a UK: Athletics Club)			Welsh Athletes Only: Welsh Athletics Registration No.		
Address and Postcode			Daytime phone		
			Evening phone		
			Leave Blank		

An entry should only be made by individuals who are fit enough to take part in the event and who have no record of health problems that might give rise to problems before, during or after the event. I accept that the organisers are not responsible for any loss or damage to my property and that I run at my own risk. I agree to abide by UK:A laws.

Important: Remember to enclose a 9" x 6" (C5) stamped, self-addressed envelope for your race number and programme. Failure to comply may mean no acknowledgement. Please be aware the Post Office have higher charges for odd sized letters these days!

Signed..... Date.....