

Llanelli 1/2 MARATHON

2009

8th March 2009



Llanelli Triathlon Club Llanelli Waterside 1/2 Marathon

Race Start at 11:30am - Millennium Coastal Park Festival Fields

Event Details

- A marshalled, **traffic free** course with water stations, mile distance markers and time display clock
- **Fast** course within the award winning Millennium Coastal Park; suitable for runners of all abilities
- Electronic **Chip** Timing
- **Memento** to all finishers and **trophies** for category winners
- **Cash prize** for male & female race winners
- Toilets, **parking** and refreshments available at event
- **Beautiful scenery** with views over the Loughor Estuary to the Gower Peninsular
- **1st aid cover** provided by St. John Ambulance
- **NO ENTRIES ON THE DAY**
- For **further details** please visit www.HalfMarathon.org.uk

ENTRY DETAILS **MUST** BE COMPLETED ACCURATELY, CLEARLY AND IN FULL

Surname:- _____ First Names:- _____
Address 1:- _____ Address 2:- _____
Town / City:- _____ County:- _____ Post Code:- _____
Telephone:- _____ **Email:-** _____
Male / Female (Insert M or F) Age (On day of race) DOB:- _____
UKA Affiliated (Insert Yes or No) UKA Registration Number:- _____
First Claim Club:- _____

Senior category male (Please circle) Senior V40 V50 V60 Wheelchair Athlete
Senior category female (Please circle) Senior V35 V45 V55 Wheelchair Athlete

Entry Fee:- Affiliated to Welsh Athletics or UK Athletics - **£17** Not Affiliated - **£19**

Closing date for postal entries is:- **28th Feb 2009**. **Cheques** made payable to:- **Llanelli Half Marathon**

Race numbers, timing chips, and pre event information to be posted in advance of event.

Donation to **Macmillan Cancer Support** (Please **separate** from event payment and enter sum in box £)

PLEASE ADVISE where race found:- _____

DECLARATION:- I declare that I will abide by the rules of UK Athletics. I will be 17 years or over on the day of the race. I accept that the organisers will not be responsible for any loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event, however caused. I further declare that you may use my name, voice or picture in any broadcast, telecast, promotion or other account. I consent to the use of my name or records pursuant to the Data Protection Act 1998

Signed:- _____ **Date:-** _____

Please return entry forms to:- Tim Gasser, 64 Pennant, Swiss Valley, Llanelli, Carmarthenshire. SA14 8EW

Or contact Tim:- Tel:- 01554 758036 **Mob:-** 07796 684094 **Email:-** enquiries@HalfMarathon.org.uk

If preferred you can enter on-line at www.RunnersWorld.co.uk/LHM

Held under UK Athletics rules: Race permit no:- TBA Certificate of course accuracy no:- TBA