



GYRR HALF MARATHON

SUNDAY 9th AUGUST starting at 10am

Emerald Park, Gorleston F.C.

Race Centre

Woodfarm Lane Gorleston
Scenic route of 2 differing laps



- * Refreshments
- * Changing & Shower Facilities
- * Memento to all finishers
- * Car Parking 10 mins walk

Prize details

1st Man £25	1st, 2nd, 3rd	1st Lady £25
17 - 39 £15 - £10 - £5	1st, 2nd, 3rd	17 - 39 £15 - £10 - £5
40 - 44 £15 - £10 - £5	1st, 2nd, 3rd	40 - 44 £15 - £10 - £5
45 - 49 £15 - £10 - £5	1st, 2nd, 3rd	45 - 49 £15 - £10 - £5
50 - 54 £15 - £10	1st - 2nd	50 - 54 £15 - £10
55 - 59 £15 - £10	1st - 2nd	55 - 59 £15 - £10
60 yrs + £15 - £10	1st - 2nd	60 yrs + £15 - £10

Only One Individual Prize per Runner

Team prizes (3 to count) £10 to each team member
1st Senior Mens Team, 1st Vets Mens Team, 1st Ladies Team (all ages)

Time limit 2 hrs 45 mins before marshalls are withdrawn

Entry Fees

Pre entry; England Athletics members £10, Unattached runners £12
Entry on the day England Athletics members £12, Unattached runners £14

Closing Date for postal entries **Monday 3rd August 2009**

Entries on the day subject to race limit of 350 Minimum age on race day - 17 years

Complete and detach the entry form and send it with a **stamped, self addressed envelope** minimum size **6" x 9"** and the appropriate fee payable to Great Yarmouth Road Runners to: Andy Peck, 101 Burgh Road, Gorleston, Great Yarmouth, Norfolk, NR31 8AZ
Enquiries; contact Andy Peck via www.gyrr.co.uk contact page or 07964002918

FYI-THE GYRR 10K RACE WILL TAKE PLACE ON SUNDAY 25TH OCTOBER

Great Yarmouth Half Marathon

UK Athletics Licence Number 20090841

ENTRY FORM

Affiliated runners £10, Unattached runners £12. Entries on day +£2

Please Use Block Capital Letters

Surname		First Name	
Male / Female	Date of Birth	Age on race day	
Full Address inc post code			
			Post-Code
Tel Number or email address			
First Claim		England Athletics licence number	
Declaration:- I agree to abide by the rules of the event and that the officials decision is final. I confirm that I have no medical disabillies that would endanger myself or others taking part and that I will not run if I am not fit on the day. I understand that the organisers are not liable for any loss, damage or injury whatsoever caused before, during or after as a result of my entering the race. A signed entry form will be considered acceptance of UKA rules.			
Signature			Date

Health Warning Athletes should be aware of the dangers of dehydration when running. It's important to maintain the correct body fluid levels at all times.

