

Lake Vyrnwy Half Marathon

1pm Sunday 15th Sept 2013

Under UKA rules. Licence applied for.

Entry Fees: £18 UK:A Registered or £20 Unattached. Cheques payable to: Lake Vyrnwy Half Marathon.
 Entries to: Janet Roberts, 6 Nantllachar, Llanwddyn, Powys SY10 0LT
 Closing Date: 05 Aug 2013, or when the race limit of 1900 is reached, after which entries will be returned. Race limit updates will be posted on www.lakevyrnwylhalfmarathon.com and www.oswestryolympians.com. 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.

Organisers: Llanwddyn Road Races Committee.
 Race Director: janet@lakevyrnwylhalfmarathon.com

New!
Chip Timing

Medal & T Shirt to all finishers!

Course Records
 Male: 62.14
 Female: 72.05

Prizes:
 Winners £400 Male & Female
 Runners up £300 Male & Female
 Third Place £200 Male & Female
Also: £100 to Course Record Breakers

Plus:
 4th to 10th: Cash Prizes for Men
 4th to 10th: Cash Prizes Females
 & Prizes to all age groups.



1st place male and female will also receive: A weekend's use of a luxury Mini from Rybrook and Lake Vyrnwy Hotel are giving a lake view double room to include bed breakfast with a five course restaurant evening meal for two, and a bottle of fizz in the room on arrival. Subject to availability, avoiding notable dates like Bank holidays. Valid until mid-July 2014



SUPPORTED BY:



RYBROOK SHREWSBURY



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	Tee Shirt Size S M L XL	
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			Contact Phone Number		
			Email address (Race announcements only)		
			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. Please indicate if Parent/Guardian of an under 18 athlete by ticking this box

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. Remember stamps for C5 envelopes will be at least 50p, and larger envelopes 90p!

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