

SYD QUIRK

HALF MARATHON RUN/WALK

Held under UK Athletics Rules.

Sunday 24th November 2013

Walk Starts at 08.30am - Permit No. (17/13/46)

Joggers see additional information on page 2

Run Starts at 09.30am – Permit No. (2013-10431)

Incorporating the Isle of Man Half Marathon Championships

Sponsored by :



*** Organised by the Isle of Man Veteran Athletes' Club ***

Sign on at Ronaldsway Football Club changing rooms, Ronaldsway Industrial Estate
Fast flat course (consisting of two laps) via Ballasalla, Ballabeg, and Castletown Bypass.

Post –race presentation and buffet will be at Castletown Civic Hall, Farrants Way,

Entry Form

I wish to enter: (Please Tick One Box)		Half Marathon RUN		<input type="checkbox"/>	Half Marathon WALK		<input type="checkbox"/>
Surname				Forename			
Address							
Tel:		Date of Birth		Age on race day		M/F	
email							
UK/IoM Athletic Club:							
Signature					Date		

Entry Fee: Athletics Club Members £8.00 Unattached athletes £12.00

Strictly no entries accepted on the day

Closing Date for entries is Monday 18th November

For safety reasons NO HEADPHONES to be worn and HIGH VIZ TOP is COMPULSORY

Please make cheques payable to IOMVAC and send to:

Carolyn Magee 15 Snaefell Road, Willaston, Douglas. IM2 6LU Tel 496668

Additional Information.

Please be aware that there will be NO ENTRIES taken on the day for the run or the walk. You must submit your entry form by Monday 18th^t November at the latest.

To qualify for the Isle of Man Half Marathon run championships you must wear your club vest.

Registration and changing facilities this year are at Ronaldsway Football Club on the Ronaldsway Industrial Estate opposite the Airport. This will be sign-posted from the Industrial Estate entrance. Parking is available in this area.

The start line is at the Sefton Express Hotel with the race now incorporating the lap of the industrial estate at the beginning of the race as well as at the end plus the usual two laps of Ballasalla, Ballabeg & Castletown bypass.

RUNNERS if you think you will require longer than 2 Hours 15 Minutes to complete the Half Marathon please start with the walkers at 0830am

REMINDER- the post prize presentation and Buffet is to be held at Castletown Civic Hall, Farrants way.
(Behind main Castletown square)
Entrance opposite Castletown Fire Station

Exact course details and a map is available online at www.iomvac.co.uk or www.sportsdesk.im

PLEASE NOTE
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