

Further details

The half marathon will be run on the two lap course used in 2008, utilising the traffic free cycle ways. Half of the race will pass through the attractive Fairlands Valley and is relatively flat with small undulations. The race will be started by the Mayor of Stevenage with a finish on the running track in front of the new stand. Chip timing. It is expected that the Half Marathon will reach its limit, so please **enter early to avoid disappointment**. All finishers in the half marathon will receive an award.

There will be a Fun Run again this year. Distance approx. 2 miles with a medal for all finishers.

BMAF Half Marathon Championships

According to BMAF rules, but medals awarded irrespective of number of competitors
Only BMAF affiliated runners eligible for awards

Herts County Championships (Veterans)

According to Herts VETS County Rules, but medals awarded irrespective of number of competitors.

ARC Southern Championships

According to ARC Championships rule, but medals awarded irrespective of number of competitors. Only ARC affiliated runners eligible for awards

Online entries at <http://www.races.fvspartans.org.uk>

Further details of the event, to include immediate updates of the number of entrants so far can be found on the race website at:
<http://www.races.fvspartans.org.uk>

UNDER THE TERMS OF THE DATA PROTECTION ACT 1984 WE ARE REQUIRED TO INFORM YOU THAT YOUR INFORMATION IS HELD ON COMPUTER FOR RACE ADMINISTRATION ONLY



23rd STEVENAGE HALF MARATHON

Organised by Fairlands Valley Spartans
Incorporating the BMAF Half Marathon Championships
Hertfordshire Vets County Championships
ARC Southern Championships



Sunday 1st November 2009
Half Marathon starts at 10.30am
Fun Run starts at 10:35am
CHIP Timing!!!



Fairlands Valley Spartans
Running Club *Silver Jubilee 2009*

Affiliated to UK Athletics and the Association of Running Clubs

The Events: 13.1 mile road race on Stevenage's famous undulating and traffic free cycleways plus 2 mile Fun Run.

Date: Sunday, 1st November 2009

Venue: Ridlins Track, Woodcock Road, Stevenage. **(SEE PARKING)**

Start: Half Marathon: 10:30am. Fun Run 10:35am

Closing Date: Saturday, October 24th, or when race limit is reached, whichever is the sooner. Half Marathon limit: 1200
NO ENTRIES ON THE DAY.

Time Limit: Half Marathon: 2.5 hours. Course support will be withdrawn on a 2.5hr hr time schedule from 10:30am

Entry Fee: Half Marathon: £14.00 UKA/ARC affiliated club, £16.00 unattached. Fun Run FREE

Awards: Award to all finishers plus goody bag.

Prizes: Half Marathon: Prizes IN Open race plus in **all 10 year age categories**, V40 to V70 MEN and VL35 to VL65 WOMEN.
One individual prize only.

Course Records: Men: Tendai Chinhanu, Poole Runners, 65-40
 Ladies: Jane Kangara, Unattached, 79-35
 £100 prize for man or woman who beat course records

Presentation: Prizes will be presented in the main stand as soon as practicable following the finish of each event. Presented by the Mayor of Stevenage, the President of Herts AARC and BMAF secretary

Facilities: Showers, changing rooms, toilets & portaloos, baggage storage, water stations, mile markers, marshals, race clock.
 Refreshments available at finish. Red Cross in attendance.

Parking: **At St Georges Way car parks OPPOSITE Stevenage Swimming Pool. Free buses to start and return. DO NOT PARK IN THE STEVENAGE SWIMMING POOL CAR PARK AS THIS IS FOR SWIMMING POOL CUSTOMERS ONLY. Any cars parked in the swimming pool car park by non-users may be clamped or towed away. Absolutely NO PARKING AT RIDLINS TRACK or in adjacent streets. Police are aware.**

Restrictions: Minimum age of 17 years on-the-day for the Half Marathon .
 Fun Run children 8 years old and below MUST be accompanied by an adult.

Enquiries: For further information contact Joan Ridger via half@fvspartans.org.uk

Entries to : Entries Secretary, Paul Holgate, 40 Brick Kiln Road, Stevenage, Herts SG1 2NH, with a Stamped Addressed Envelope (min 9 x 6) for instructions.

Surname..... Male/Female

Forenames

Address

Postcode Date of Birth Age (on day).....

Telephone(day)..... (evening)

Club/Team Name

Tick Box if Club is UKA/ARC Affiliated **Estimated Finishing Time**

Please enter me for: (tick one box only)

Half Marathon: Affiliated (£14.00) Unattached (£16.00)

Fun Run (2 mile approx)FREE

Results by post (£1.00) Free by email if supplied below

Email address:

Total Amount Enclosed (include fee & results) £

Tick box to enter British Masters Athletic Federation NO CHARGE

Tick Box to enter Herts Vets County Championships NO CHARGE.

Tick Box to enter ARC Southern Championships NO CHARGE

For UKA/ARC permit events, competitors must be 17 years of age on the day for the half marathon A signed form will be considered as acceptance of UKA rules, as a declaration that you will run entirely at your own risk and that you have no medical disabilities that would endanger you or others taking part. Entry fees are non refundable. In the event of cancellation, all proceeds will go to charity.

SIGNATURE DATE

Cheques should be made payable to **STEVENAGE HALF MARATHON.**