



# DYMOCK HALF-MARATHON

UK Athletics License No: 2010-0015

Sponsored by Cavendish Park Builders Ltd, Brockworth, Glos

Sunday 30th May 2010 – Start 11.00am

Contact Tel Nos: J.Gurney 01594 543563 P Davies 01531 890541 A Manns 01531 635627

The event is open to serious runners, determined novices and joggers alike, operating under UKA Rules. Safe and secure parking facilities, changing rooms, toilets, etc, are available at Dymock Cricket Club, where 'on the day' entries will be accepted from 9.45am to 10.45am. For "SatNav" users the postal code is GL18 2AD .

The Start is on the Hereford side of Dymock, about two miles from the village. The course then proceeds through Dymock to the outskirts of Ledbury and returns to Dymock via Much Marcle. The Finish is at Dymock Cricket Club. The course, through rolling countryside, can best be described as undulating and challenging.

The course record is held by Dale Rixon of Bridgend A.C. with a time of 1 hour 5 minutes 46 seconds - achieved in 1996. The ladies record is 1 hour 25 minutes & 12 seconds achieved by Kim Mazzucca of Forest of Dean A.C. in 2009 . There will be prizes for leading ladies, gents and veterans, with certificates & medals for all who finish, besides T-shirts , spot prizes and perpetual awards. The organisers, Dymock Cricket Club, encourage charity runners and previous beneficiaries include Headway , Mencap & Motor Neurone Research but this responsibility remains with the entrants. This years preferred charity is Breast Cancer Research UK .

This event is held on public highways and as such the organisers wish to point out that runners take part entirely at their own risk. The race organisers cannot be held responsible for any injury, illness, accident or loss of property in conjunction with participation in this event. If you are interested in taking part in this event, please complete the entry form below and forward to:

**Mr J Gurney, 37 Old Dean Road, Mitcheldean, Glos GL17 0BH . No s.a.e.'s ,Race numbers will be issued on the day but allocation can be notified by telephone or email .**

**DYMOCK HALF MARATHON 2010 ENTRY FORM**

NAME: \_\_\_\_\_ Tel . . . . . email. . . . .

ADDRESS: \_\_\_\_\_

GENTS/LADIES/VETERANS: \_\_\_\_\_ AAA CLUB: \_\_\_\_\_

FEE PAID: AA MEMBER : £10.00 \_\_\_\_\_ NON MEMBER: £12.00 \_\_\_\_\_

Cheques ( non-returnable) to be made payable to Dymock Half Marathon – thank you

I confirm that I am fit to participate in this event and absolve the organisers from any responsibility and run entirely at my own risk.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please return entry form and fee by Friday May 28th 2010

Race numbers issued on the day