

Race Details - Please retain this section



Prizes:

Males: First 5 Seniors, first 2 V40, first 2 V50, first V60, first V70.

Females: First 5 Seniors, first V35, first V45, first V55.

N.B: Only one individual prize per competitor.

Vet runners may qualify for younger age group prizes.

First male team (4 to count).

First female team (3 to count).

Spot prizes.

Commemorative mug to all finishers.

£100 worth of vouchers for running kit for breaking Course Record.

Course:

The race is run on un-closed roads, with large open finish on the Kings of Wessex school playing field.

Safety:

We regret that the course is not suitable for wheelchair athletes. In addition, we **DO NOT** allow prams, pushchairs, buggies, bicycles, dogs or personal stereo's.

Local Charities:

This year we are supporting Cheddar Strawberry Line and Cheddar Vale Lions.

We would be delighted if you would like to help us raise money through sponsorship or donation.

More Information:

Contact Donna Brooks on 01934 742684

Thank you for entering The Nippy Ninth

Cheddar Half Marathon

Last race in Somerset Series: Brent Knoll, Sunday 29th November.

Under UK Athletics Rules
Permit Applied For

Course Measurement
Certificate No: 02/034



15th race in Somerset Series

Cheddar Running Club
proudly presents

The Nippy Ninth Cheddar Half Marathon on Saturday, 7th November, 2009

at **1.00pm** start

Please note the **NEW** start time



A measured, fast, flat, scenic course. 13.1miles
Excellent PB potential.

Course Records: Martin Rees 1:06:29 (2001) / Catherine Newman 1:19:58 (2001)



Entry Form

Please complete neatly in BLOCK CAPITALS
(photocopies accepted)

Race Number

OFFICIAL USE ONLY

Surname:..... Forename:.....

Address:

..... Postcode:.....

Contact Telephone Number:.....

Sex: Male Female

Date of Birth..... Age on Race Day:

UKA Membership Number

First Claim UKA Affiliated Club (full name please):

Fee Enclosed: £10.00 £12.00

T-Shirt £7.00 Please state size S / M / L / XL

Declaration:

I agree to abide by the UK Athletics and local rules. I am medically fit to participate in the event and understand that I enter at my own risk and agree that the organisers shall not be held responsible for any injury, illness, loss or damage to me or my property, which I may sustain in the course of, or as a result of, the event.

Signed..... Date:.....

Send completed form, cheque (payable to 'Cheddar Running Club') and an A5 Stamped Addressed Envelope, with sufficient postage, otherwise your entry may not be processed to:

Donna Brooks, Awli, Hannay Road, Cheddar, BS27 3LJ

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Date and Time:

Saturday, 7th November 2009
1.00pm start. **Please note new start time.**
A 1½ hour cut-off time will be imposed at half way.



Headquarters:

Kings of Wessex Community School, Cheddar
* Free Parking
* Changing Rooms
* Toilets and Showers
* Baggage Store
* Refreshments (including home made cakes!)



Cost:

Entry Fee (including mug)
UKA Affiliated Club Members £10.00
Unattached £12.00
Event T-Shirt £7.00
(please state size when ordering)



Entries:

We regret that a limit of **300** will be imposed. Limit in 2008 reached by mid July. **Race Packs will be sent out in October**
THERE WILL BE NO ENTRIES ON THE DAY.



Results:

We intend to post race results on www.cheddarrunningclub.co.uk



Drinks

There will be four water stations around the course and one at the finish.

